



TRIPLE YOUR



CONFIDENCE

Stay focused during the out-of-season months. Find a supportive, encouraging environment at our Indoor Triathlon. All of our fitness equipment will be socially distanced. The triathlon will consist of 10-minute swim, 30-minute cycle, and 20-minute tread.

DATE: October 17th

TIME: 8:30AM

EARLY REGISTRATION: September 13th - October 3rd

REGISTRATION: October 4th - 14th

PRICES: \$25/Member • \$35/Non-Member

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Additional Triathlon Information

Procedure

We will measure the total distance for 10 minutes in the pool, maximum wattage for 30 minutes on a spin bike, and total distance for 20 minutes on a treadmill. All three events count equally towards the final score.

Scoring

The athlete that goes the furthest distance or highest wattage in each segment gets the highest point score for that segment. The maximum number of points for each segment is determined by the total number of racers. Example, if the race has 23 athletes, then the fastest runner gets 23 points, next fastest runner gets 22, and so on. Then the points for each segment are added up. The athlete with the highest total points gets first place overall.

Rankings

Age on race day must be 11 and up. Awards for male and female 19 and under, 20-29, 30-39, 40-49, 50-59, 60-69, 70-79, 80+.

Heats

The first heat of 5 participants will start at 8 am, with a new heat starting every 20 minutes.

Check In

Check in will begin at 7:30 am with a mandatory race day meeting at 7:45 am. No day of registration.

Swim – 10 minutes

Each heat of 5 racers will start at the same time. The head ref for the pool will use a whistle to mark the start and stop time. No diving starts. When the whistle goes off, all racers must stop in place. Racers who have made it more than halfway down a lane will be given credit for ½ of a lap. A lap is equal to down and back and a length is equal to have a lap. Racers cannot wear wet suits. Hands and feet must be uncovered. No paddles, gloves, fins, boots, etc. Racers may touchdown to rest. Disqualification will occur if racers travel forward using the bottom of the pool, lap lanes, or a flotation device.

Transition 1 – 8 minutes

Racers will be given 8 minutes to go to the locker room, change into clothing for cycling and running, get to the spin room, and adjust the seat, handlebar height, and resistance of the bike to what is safe. We want to avoid injuries due to slipping and falling from rushing.

Bike – 30 minutes

Racers cannot bring their own pedals. Each bike has a bike computer that will measure distance by the number of times the flywheel goes around as well as maximum effort or maximum wattage. The maximum speed registered by the monitor is 120 RPM's. The head ref for the bike area will ensure that the trip counter of each bike is set to zero before each group starts and that no one false starts. Racers are encouraged to bring a towel and water.

Transition 2 – 8 minutes

Racers will be given 8 minutes to transition from the spin room to the treadmills. Racers may choose to bring a change of shoes, water, and any nutritional products they would like to consume.

Run – 20 minutes

Runners will choose a treadmill that has been reserved for the event. Runners may choose to set the incline to receive a multiplier on their run distance. While the runner may change the speed during the run segment, they may not change the incline. It must be set within the first 20 seconds of the run segment. Any racer that adjusts the incline during the run will be treated as though the entire run had been set at 0% incline. For every 1% incline, the measured distance run will be multiplied by 1.10. If you run at a 5.5% incline, then your distance will be multiplied by 1.55. If you run at 10% incline, then your distance will be multiplied by 2.00%. The head ref for the run area will ensure that no racer presses their start button before the start is called and that all racers press their stop button within 5 seconds of stop being called.