

200 YARD SWIM

Swimmers will start at the green star and others will go one by one as the swimmer in front reaches the second yellow mark in the lane.

Swimmers are to enter pool dropping feet first in lane 3, no diving.

Swimmer must change from lanes by going under the lane ropes without exiting the pool.

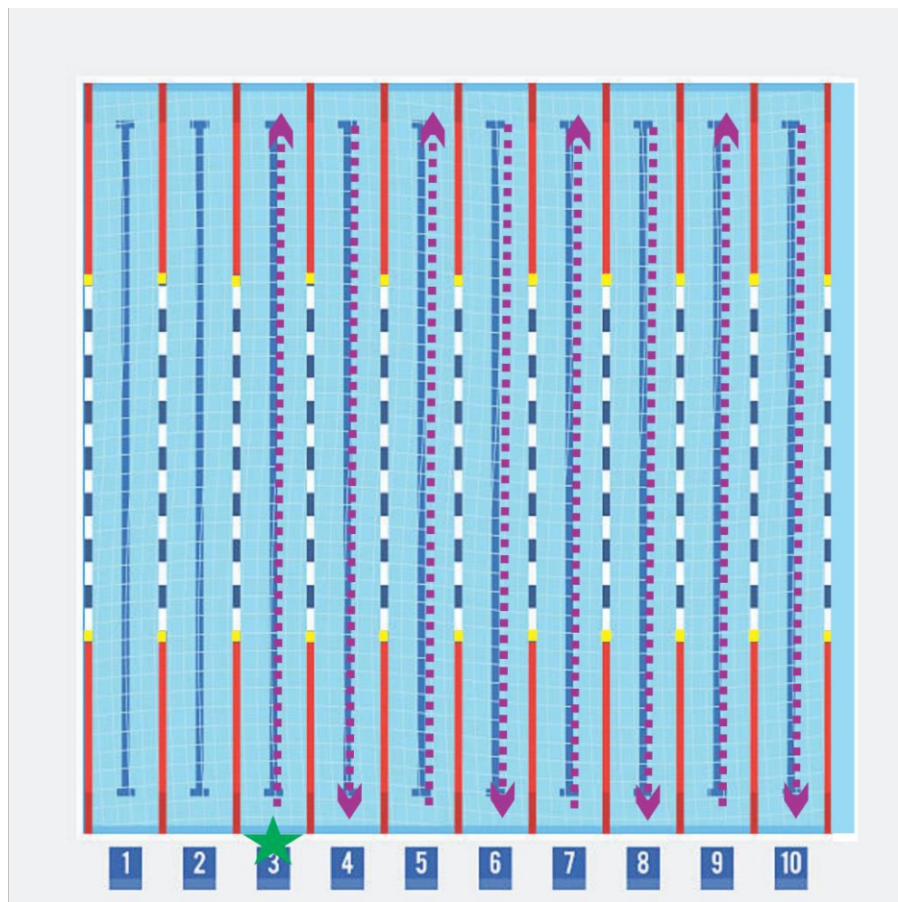
No flip turns.

Transition area will consist of 10 chairs. Each participant will be given a number. That number will have an assigned transition spot, spin bike, and timer.

No assistance can be provided to participants in the transition area once the triathlon has started.

All items should be placed in transition area beforehand on/near chairs assigned during packet pickup.

Spectators may watch from designated bleachers.



BLEACHERS

BLEACHERS

TRANSITION AREA



Bike used: Life Fitness IC6 in Community Center Group Fitness Studio

Participants can adjust bikes after the heat before is done with the biking portion and bikes have been cleaned.

Use bike with your assigned number only.

Spectators must not be in biking area.

Once the biker has finished, biker and timer will proceed to exit.

All participants not in the first heat will wait in the Community Center lobby area for the current heat to finish the bike portion. Once all participants of the current heat have left the Group Fitness Studio and bikes have been cleaned, the next heat will be allowed 3 minutes to set spin bikes to their preference.











Participants will then proceed to the pool area to set transition spots and prepare to start their heat.

6 MILE BIKE

NEXT HEAT

ENTRANCE

EXIT

Bike 1		Bike 6	
Bike 2		Bike 7	
Bike 3		Bike 8	
Bike 4		Bike 9	
Bike 5		Bike 10	

1 ½ MILE RUN

Blue line represents start and finish line of the running portion.

Timers will count laps and stop time once all laps have been completed.

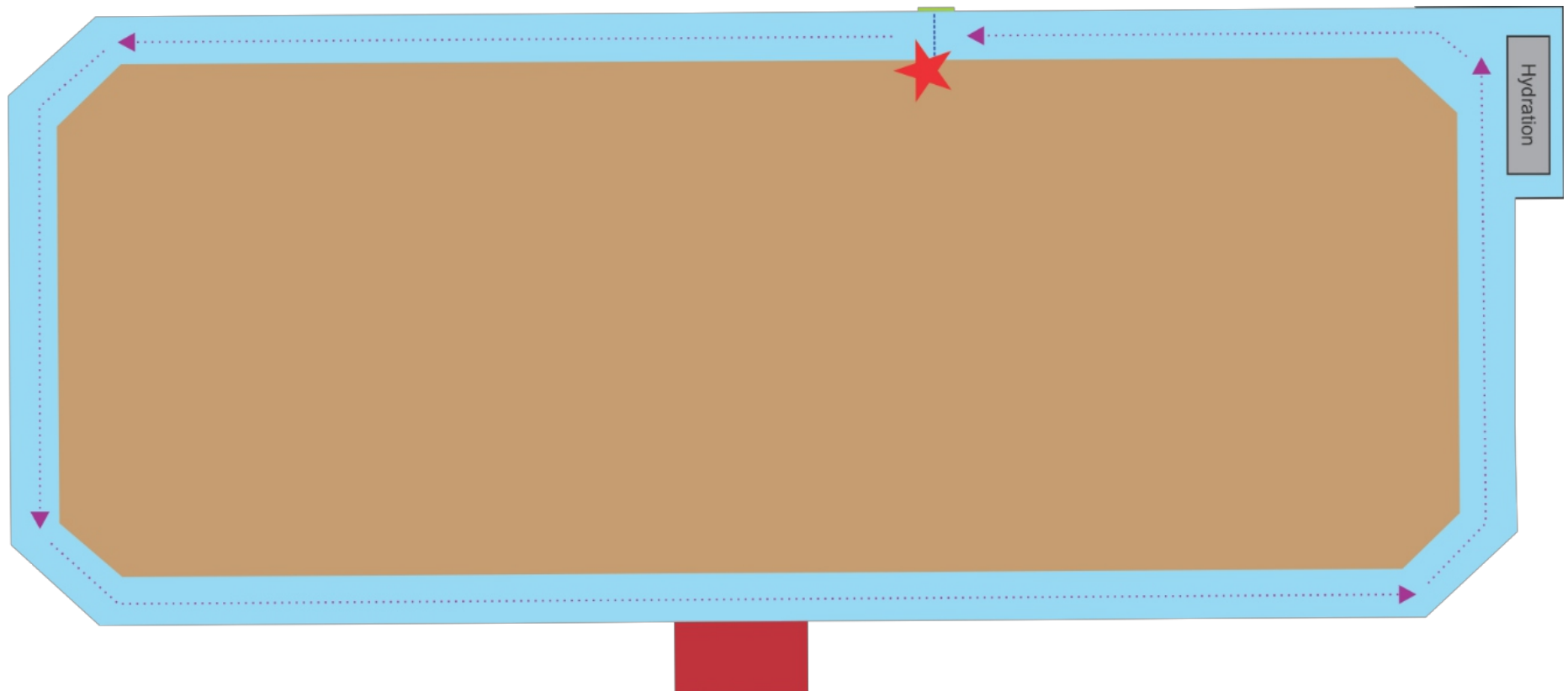
12 laps make up 1 1/2 mile.

Line must be crossed to count as a full lap.

This will conclude the heat and all timers, athletes, and volunteers will clear the area for the next heat.

No spectators on track at any-time.

Spectators are allowed on the gym floor to watch run portion.



REGISTRATION/CHECK IN INFO

All proceeds benefit the Batesville Elite Swimming Torpedoes.

Each participant will be given a number. That number will have an assigned transition spot, spin bike, and timer.

All heats will need to report to the Community Center lobby 15 minutes before their heat begins.

Packet pick up will be 7am on 9/22, participants will be notified if packets can be picked up earlier.

Packet pick up and check in will be in the Aquatics Park South party room.

Race packets include bib w/assigned number, t-shirt if eligible, any other goodies donated.

Pancakes, apples, bananas, and coffee will be available at the concession stand before and throughout the event.

Awards will be given to the top 2 male and female participants in each of the following age groups 14&U, 15-24, 25-34, 35-44, 45-54, 55+.

Along with top 3 male and top 3 female overall.

Awards can be collected in Meeting Room D upstairs.

Each leg of the race, the swimming, biking, and running portion will be timed for each participant or relay team. Waves of 10 will begin every 30 minutes starting at 8AM, event check in at 7AM. All participants registered before June 13th will receive an event t-shirt and top finishers will earn an event trophy.

Register online at www.batesville.com/indoortri or at the front desk of the Community Center.

Registration Fee until Sept. 12th \$20 (w/ shirt)

Registration Fee after Sept. 12th \$20 (no shirt)

Registration Deadline 5PM Sept. 21st

Receive this shirt if you register before September 13th!

