

Official star will be at the green star and one by one, swimmer will be sent as the one in front reaches the second yellow mark on the lane line.

Swimmers are to enter pool dropping feet first in lane 1. No diving or flip turns are allowed

Swimmer will change from lane to lane by going under the lane ropes without exiting the pool.

BLEACHERS
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250 Yard Swim

TRANSITION AREA

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.

Spectators and non-active heat participants must be in the bleachers until all current heat participants have left the indoor pool building

6 Mile Bike



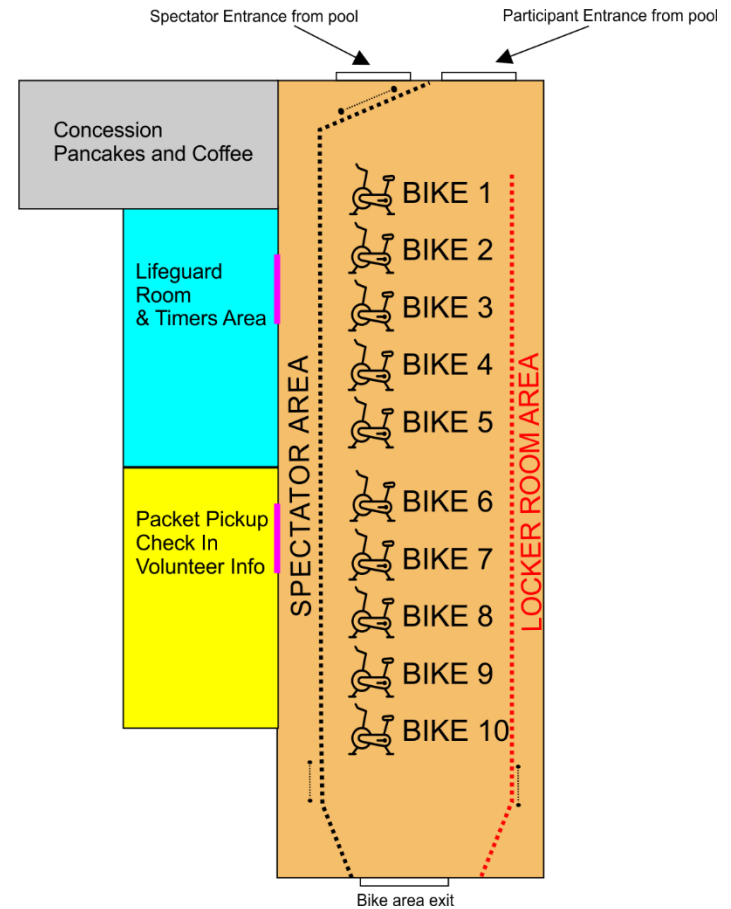
Bike used: Life Fitness IC6 in Community Center Group Fitness Studio

Bikers are to enter Group Bike Area and get on the bike with assigned number only.

Participants can adjust bikes before the start of their heat once participating heats have left the bike area and bikes have been cleaned.

Spectators and previous heat participants must be in the spectator area only. While a heat is in progress, no one but coordinators, timers, and the participants should be in the bike or locker room area.

Volunteer timers need to stay in front of the bicycles and out of the way of all participants. Once the biker has finished, biker and timer will proceed to exit.



The next 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 set spin bikes to their preference and then head down to the pool area to set transition spots. You will have three minutes to adjust bikes to your preference and head down to the pool for warm ups.

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

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

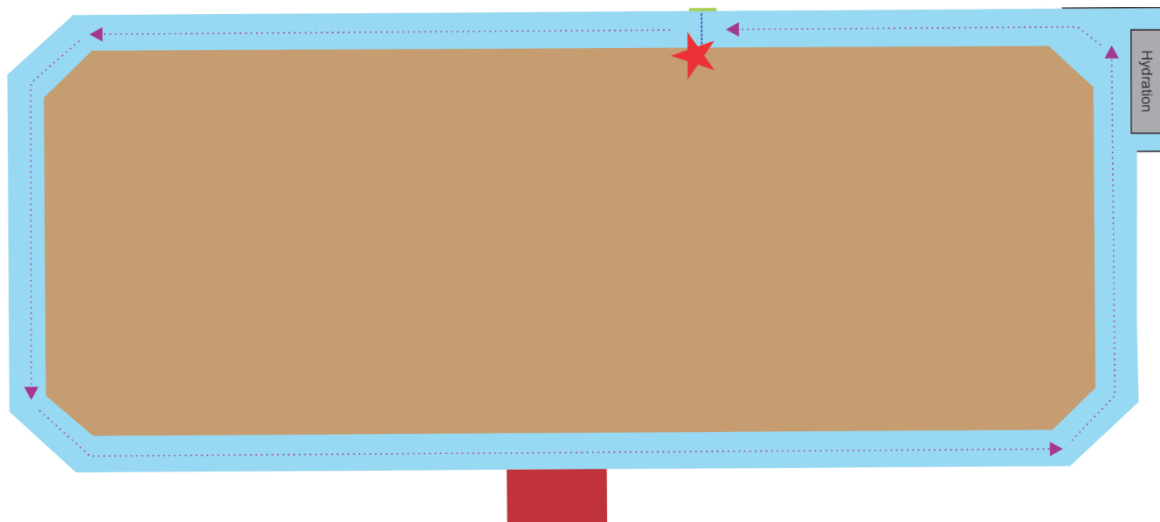
12 laps make up 1 1/2 mile.

Line must be crossed to count as a full lap.

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

1 ½ Mile Run

No spectators on track at any-time.



We understand and appreciate triathletes' participating in this together but we ask that all runners run single file in the inside lane unless passing. Also, when entering the track area. Please enter the north single door (will be propped open) and use the outside lane to begin your run portion. That way all contact or collisions can be avoided.