

**CAC TRI60 INDOOR TRIATHLON
GUIDELINES FOR PARTICIPANTS
WEST LOOP ATHLETIC CLUB**

***You will have a volunteer with your wave the entire race to remind you of these guideline**

- **Swim:**
 - 2 swimmers per lane in all 5 lanes, swimming side by side
 - Athletes will complete a 10 min swim
 - Athletes may use any stroke
 - Volunteers/coaches will count total laps swam
 - Distance will be calculated based on total laps swam
 - If athlete has completed at least half the last length after 10 mins, the full lap will count toward final distance
- **Transition 1 ("T1"):**
 - Athletes will have 5 mins to transition from pool to Cycle Studio (through their respective locker rooms to change into cycling gear/adjust bikes)
 - Athletes will also have a few mins to set up their bike in the Cycle Studio
- **Bike:**
 - Located in the Cycle Studio on the spin bikes
 - Will have music playing in the studio for a fun environment
 - Athletes will perform a 20 min bike
 - Athletes, when ready, will set their resistance and hit "play" on the spin bike to begin their time
 - Athletes may set their resistance at any level
 - Volunteers/coaches will tally the total distance covered on their bike by the end of the 20 mins
- **Transition 2 ("T2"):**
 - Athletes will have another 5 min transition from Cycle Studio to the treadmills upstairs
- **Run:**
 - Located on 2nd floor treadmills
 - 10 treadmills will be reserved
 - Athletes will have 20 mins to run as far as they can within time allotted
 - Athletes must put the treadmill into at least a 1% incline
 - Athletes may run or walk as necessary but must stay on the treadmill at all times
 - Volunteers/coaches will tally the total distance covered on their run by the end of the 20 mins

Coaches will tally total distances covered through each segment (minus transition time) to determine final results and to determine event winners