

**CAC 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 guidelines*

SWIM RULES – 10 minutes:

10 mins in the pool. Two people will occupy each lane, swimming side-by-side. You may swim any stroke. You may rest on the wall, but you may not push off the bottom at any time (doing so will disqualify you from awards). Laps will be converted into distance and if last length is more than halfway completed, it will be counted.

5-minute transition period: If you take longer than 5 mins, time will be deducted from your bike

BIKE RULES – 20 minutes:

- 1) Start pedaling
- 2) Press "Hill Plus" TWICE, press enter
- 3) Enter 20 (time), press enter
- 4) Enter Level 12 for Women, Level 15 for Men, press enter
- 5) Keep Pedaling!

Distance will be recorded exactly at 20 minutes (less if you were late to the bike).

DO NOT go into the cooldown – keep track of where you are.

All pedals will have straps on them

***Move immediately to treadmill!*

RUN RULES – 20 minutes:

Runners can run at any pace but **must be at an incline of at least 1.0**. All runners will be on a LifeFitness treadmill. You may go any speed. Distance will be recorded at the end of 20 minutes.

****Failure to follow these guidelines will eliminate you from prize and raffle contention.*