TEAM85 INDOOR TRIATHLON 2018

- **LOCATIONS:**
    - ALL swim lanes in the pool
    - Cycle studio
    - Treadmills on the second floor
    - Locker rooms available for 1st transition

- **OVERALL EVENT SCHEDULE**:
    - **SWIM**- 10 minutes to swim as many lengths as possible. (Lengths will be counted and recorded by staff.) Swim any stroke with which you are comfortable.
    - **10-minute transition** to dry off, dress and get to cycle studio. (Time will be allowed before swim starts to set up spin bike to rider's specs). You may take your bike/running shoes upstairs prior to starting your heat. You **MUST** be dry prior to heading upstairs.
    - **BIKE**- 30 minutes to bike as much distance as possible, mileage to be recorded by staff.
    - 5-minute transition to treadmill
    - **RUN**- 20 minutes to run as far as possible, mileage to be recorded by staff.
      =75 minutes total per wave

8:00 wave start
8:00 - 8:10 swim
8:10 - 8:20 transition 1
8:20 - 8:50 bike
8:50 - 8:55 transition 2
8:55 - 9:15 run

9:00 wave start
9:00 - 9:10 swim
9:10 - 9:20 transition 1
9:20 - 9:50 bike
9:50 - 9:55 transition 2
9:55 - 10:15 run

There will be 6 waves. Pool can accommodate 10 swimmers in each wave. More waves will be added if necessary.

- **SCORING:**
    - Results for each event will be recorded for each participant.
    - Points will be awarded for each event (swim, bike, and run) as follows:
      The athlete that swam the farthest will receive 100 points. The second farthest receives 99 points, and so on. The same scoring will apply for biking and running. The 3 scores for each participant will be totaled for an overall score.
    - Prizes awarded for the overall male and overall female high scores.
    - Each participant will receive a shirt and medal