



TRI to Stay Warm Athlete Information

Here is all the information you need including your start time. Please contact us if you have any questions.

If you are local try to get your packet and check-in at packet pickup *Saturday February 9th from 3-5pm.* During packet pickup is a GREAT time to ask questions about your indoor Triathlon.

Event Schedule:

BRING YOUR ID to packet pick-up - this is a USAT Sanctioned event

Saturday, February 9th, 2019:

3:00pm - 5:00pm Packet Pickup. Registration is almost full and will likely be closed before race day.

Information and review of how the USATri60 works will be given Saturday for anyone with questions.

Sunday February 10, 2019:

*No race day registration.

Check-in begins at 6:30am for first wave.

Each corresponding wave please arrive at least 10 minutes before your start time.

There are two warm up lanes you may use prior to your wave. If people are waiting to warm up, be courteous of your fellow participants.

The Triathlon will last from 7:00am until the last wave of participants has finished.

Overall Event Structure:

SWIM

- Indoor pool
- 10-minute swim
- Any stroke may be used and they may walk if feet can touch the ground
- No life jackets, floaties, paddleboards, or outside assistance permitted
- Lane lines must be used
- Volunteers will be there to count athlete swim lengths

BIKE

- Stationary/Spin bikes which are all located in the same room/area
- 30-minute bike
- Athletes may adjust the resistance to any desired level above the set resistance
- Volunteers will be there to record their distance biked

RUN

- Indoor on a treadmill
- 20-minute run/jog/walk
- All treadmills shall be set on a 0% incline but may be adjusted to any desired level by the athlete
- Athletes may also choose their speed
- Volunteers will be there to record their distance covered

TRANSITION AREA

- When moving from swim, to bike, to run, the locker room shall serve as the

- athlete's transition area (or wherever you see a good spot for your bag which does not block other athletes.)
- T1 (swim to bike) will be 10 minutes, T2 (bike to run) will be 10 minutes

Additional Info:

The event in its entirety is held in the Brooks Family YMCA. The indoor pool swim will use 9, 25-yard lanes. Each participant will have their own lane.

One lap will be counted as down and back. We will count every ½ lap finished. If you are mid lap and time runs out, hop out at the end of whatever lap you are finishing.

Participants will then move from the pool to the transition area between the pool and bike room. Here you will have 10 minutes of transition time. Plenty of time to change, use the bathroom if needed, get some water and get set on your bike. The bikes are not assigned and all bikes are the same. You will have 30 minutes to complete your bike portion. Indoor stationary bikes are outfitted with both cages and SPD pedals.

Participants will have 10 minutes thereafter to move to the fitness center, located on the second floor of the facility, to complete the 20 minute run portion on treadmills.

Volunteers in the bike room and treadmill area will direct those start and finish times.

Volunteers will be there to show you where to go next between each portion! This will be FUN!

Waves:

Heats will consist of 9 participants starting every 20 minutes

First wave: 7:00am

See attached spreadsheet for your WAVE #/START TIME/ BIB #

START TIMES

Each wave will be assigned either "blue" or "pink" bike and treadmill sections when you arrive. It WILL be clear which bikes and treadmills your wave uses.

Awards:

Due to ongoing heats on the day of the event, there will be an award table with your finisher medals which you will receive immediately following completion of your Triathlon.

Make sure you get in the group photo for every heat!! We want pictures of all of you!

After distances have been calculated, awards will be given for top (overall) male and female. If you can not stay and you won, we WILL email you so you can pick up your award.

Awards will go to the following:

- Overall male and female winner
- best tropical wear

What To Bring:

Participants are required to provide their own towel, swim suit, and biking and running shoes. Swim cap and goggles will be provided. You don't need much and you can keep your bag in the "transition area" outside the pool or with you during each portion.

What To Wear:

Swim suit attire is required for the swim portion of the USATri60. As for the biking and running portions, it is recommended that you wear normal workout attire.

Parking:

There will be free parking available at the Brooks Family YMCA and MacIntire Park adjacent to the YMCA (same parking area).

Address:

Brooks Family YMCA
151 McIntire Park Drive
Charlottesville, VA 22902
434-974-9622

WAVE # / START TIME

See you at the TRI to Stay Warm!