



Smithfield Recreation Indoor Triathlon

- Course** Check-in and warm up in Dance Gym 30 minutes prior to wave. Head to pool locker room to change 15 minutes prior to wave. 15 minute swim in Sky View Pool, 10 minute transition; 25 minute spin in Multi-Purpose Gym, 5 minute transition; 20 minute run in Multi-Purpose Gym, post-race recovery in Team Room.
- Placing** Participants will compete on overall distance covered, not time. Distance will be recorded for each participant; those who cover the most distance throughout all three legs will place. The swim and run legs will be weighted and converted to miles. The swim laps will be multiplied by three and the run laps will be multiplied by two.
- Waves** A wave of 12 people will begin approx. every 20 minutes.
- Bags** Participants will carry their bags and all belongings with them throughout the race. There will be designated bag drop areas at each leg. Please bring a wet/dry bag for your wet clothes.
- Water** Spill proof water bottles are permitted on the track and bike courses.
- Music** Headphones and earbuds are permitted. We recommend only using one earbud or having the volume low enough so race staff can still communicate with you.
- Changing** Changing covering clothing is only permitted within the locker rooms in the interest of privacy. Shoes and outerwear can be changed as needed.
- Race bibs** No physical race bib will be given. Each participant will be assigned a number that will be written on a visible area of the skin with a marker.
- Course Director** A course director will lead you through the course. Please follow his/her instructions at all times.
- Age Groups** Participants should be able to swim at least 25 yards un-assisted and be able to reach the pedals on a spin bike. Younger participants may need to be accompanied by a parent/guardian. Contact race director for details.
- Top two male and female in each division place.*
- 0-19 years old
 - 20-29 years old
 - 30-39 years old
 - 40-49 years old
 - 50+ years old
- Results** Results will be compiled once all waves have completed the race. We will email the results out as soon as possible announcing the winners.

Swim overview

- Participants will start in the pool holding on to the side of the pool. No diving allowed.
- Lanes are shared with two athletes per lane starting on the same side of the pool. Participants should maintain one side of the lane only and not swim in a circular pattern.
- Participants may use any stroke except butterfly to prevent accidental contact within the lane.
- Participants may rest by holding the sides of the pool, standing, or treading water. Contact with lane lines is permitted but do not rest on lane lines please.
- Laps in the pool are counted as complete laps only; down and back is one lap.
- When 15 minutes has expired and the horn sounds. Participants may complete the lap they are doing provided they continue to swim at approximately the same speed; no lagging once the horn has sounded. The volunteer has the right to determine if the laps were completed according to the rules.
- The transition time will begin as soon as the horn sounds, not when everyone has finished their last lap.
- Snorkels are allowed in the pool; however, equipment that helps propel you forward or gain more buoyancy are prohibited. Such items include flippers, fins, paddles, and wet suits.

Spin Overview

- Bikes will be randomly assigned.
- Mileage on the bikes is calculated by wattage. You are welcome to adjust the tension but remember decreasing the tension will not help you reach the desired mileage any faster.
- Bikes must be adjusted during the ten minute transition time and may be tested in “warm up” mode during transition to ensure functionality.
- Press “Start” when instructed by the volunteer. Press “Stop” when instructed by the volunteer.
- The transition time will begin as soon as time expires. Stop pedaling and wait for a volunteer to read the distance on your console.
- Each bike has toe cages and SPD clips.

Run overview

- Laps in the gym are counted as complete laps within the marked track segments and coned corners. A lap where you cut corners by going inside the cones for shorter distances will not be counted.
- When 20 minutes has expired and the horn sounds. Participants may complete the lap they are doing provided they are at least a fourth of the way through the lap and continue to run at approximately the same speed. No sprinting to beat the horn and then starting a new lap. The volunteer has the right to determine if the laps were completed according to the rules.

Post Race Recovery

- Post-race recovery food will be in the Team Room.
- Participants will also be able to pick up their commemorative mugs and take pictures in the Team Room.
- The Rec. Center locker rooms will be available for participants to shower and change back into street clothes if desired. Do not go back to swimming pool locker room, it will be in use by other waves.