



UREC Triathlon Express

Breakdown of events, transition procedures, and FAQs

Preparing transition area: Transition areas will open 30 minutes before the start of the first heat. You must have all transition items in place before the first heat begins.

Swim: All swimmers are required to wear the event swim cap. Swimmers will start in the water on the shallow end of the pool. There will be no more than 2 swimmers per lane. A pool attendant will signal the start of the 10-minute swim portion with a whistle. Once you begin swimming, you may rest at either pool wall as needed. Swimming distance is recorded in lengths of the pool (25yards). Your score will be determined by total pool lengths completed at the end of 10 minutes. Half lengths will also count towards your total distance. The end of the swim portion will be signaled by a whistle. When you hear the whistle, exit the pool at the nearest wall and verify a volunteer has recorded your distance before making your way to the transition area.

First transition: The first transition is located in the locker rooms. You will have 10 minutes to change into dry clothes and gather any necessary equipment for the bike and run portion of the competition. Please remember to bring everything you need as there will not be time to return to the locker rooms between the bike and run events. You will then make your way into the hallway where the stationary bikes are located and await the start signal.

Bike: All competitors will use the same style of stationary bike with seats and handle bars that can be adjusted. The bikes have adjustable pedal cages, as well as clips for cycling shoes. Competitors can change the resistance to a comfortable setting at any time. The start of the bike event will be signaled by the cycling attendant. Distance traveled on the bike is determined by a tracking device. When the cycling attendant signals the end of the 30 min, please verify that a volunteer has recorded your distance before safely exiting the bike area.

Second transition: The second transition lasts only 5 minutes. This time is to change into your running attire (if necessary) and locate your treadmill in the Fitness Area. There will not be time to return to the locker rooms during this transition.

Run: All runners will use a treadmill for the final portion of the race. The treadmill may be set to the speed and inclination that the runner finds most comfortable. Distance is recorded on the treadmill, and the race volunteers will record your distance at the end of 20 minutes. The start and finish of the running event will be signaled by a race attendant.

Scoring: Available points are based on the total number of participants in the event. For example, let's say there are 50 competitors. The athlete who swims the farthest in the swimming portion will earn 50 points. The second farthest receives 49 points, and so on. The same goes for the bike and run portions. All competitors will be scored in the three individual events, and the total of the three scores will determine the overall winner.

Frequently Asked Questions:

1. Do I have to swim a certain stroke?

No, you can swim any style you like.

2. How do you count laps in the pool?

We measure your swim distance in lengths (25yards). Each time you touch the wall, you earn one length. Race attendants will be on the pool deck to record your distance.

3. Will there be a place to change out of my swimsuit before the bike?

The locker rooms will serve as your transition area. You will have 10 minutes to quickly change out of your suit, into your biking and running gear. You should bring your running gear with you to the bike portion, as you will not have time to go back to the locker room in the second transition.

4. What type of bikes do we use?

All participants will use a stationary spin bike. Bike seats and handlebars are adjustable, and each bike has foot cages and shoe clips.

5. How do you track distance on the indoor bikes?

All bikes will have a distance tracker in the front wheel. The distance shown on the tracker after the 30-minute cycle portion will be recorded by an event volunteer.

6. What is the resistance like on the spin bike?

Each participant will be able to set their own resistance at a level that is comfortable for their ability.

7. What is the speed/incline on the treadmill?

You may adjust the speed and incline of the treadmill to a setting that you find comfortable.

8. How are the points calculated?

Total available points are based on the total number of participants in the event. For this example, let's say there are 100 people in event. The athlete who swam the farthest in the pool receives 100 points. The second farthest swim receives 99 points, and so on. Same goes for the bike and run. The three scores for each participant are totaled for an overall score.

Race day checklist

Swim

- Swimsuit/tri suit
- Goggles and swim cap
- Towel
- Water bottle

Bike

- Comfortable workout shorts and shirt
- Sneakers or cycling shoes
- Socks
- Water bottle

Run

- Running shorts and shirt
- Running shoes
- Socks
- Water bottle

Additional items

- Music/headphones
- Watch
- Sweat towels
- Energy bars or gels
- Your A-game!