

SDSU Wellness Center

Indoor Triathlon

All participants are to check in at the Wellness Center at least 30 minutes prior to their start time.

- **Overview:** The Indoor Triathlon is based on time, rather than a certain distance. Scoring will be based on total distance from each event. The event will be 75 minutes: 10 minutes in the pool, a 10-minute transition, 30 minutes on a spin bike, a 5-minute transition and 20 minutes on a treadmill. Transition times are fixed between events and do not count toward participants' scores. The transition times are planned to allow safe progression to the next discipline. Music devices are allowed during the event.
- **In the Pool:** Participants will swim for 10 minutes in the pool. There will be no more than two participants per lane. Each wave will have a maximum of 12, with all participants starting at the same time. The head ref for the pool will use a whistle or horn to mark the start and stop time. Participants are required to be in the pool for the start. Once started, participants are allowed to stop to rest by hanging on the wall, lane line or by standing. When the stop whistle or horn goes off, all racers must stop and return to the start end of the pool. Participants will be given credit for total lengths completed measured in $\frac{1}{2}$ lengths. For example, if you've finished 10.8 lengths you will be given credit for 10.5 lengths.
- **T1 (Transition 1, from the pool to the bike):** Participants will be given 10 minutes from the whistle or horn to go to the locker room, change into clothing for cycling/running and arrive at studio C/cycle room. Again, please be prompt, but safe and considerate of others while moving through the facility. Bike shoes with clips are not allowed on your feet until you have reached the cycling area. The 10 minutes allowed should be adequate to make the transition in a safe, controlled manner. We recommend bringing your bike and running gear for a smoother transition 2.
- **On the bike:** Participants will bike for 30 minutes. Each bike will be outfitted with a bike computer calibrated to measure "distance" by counting the number of flywheel revolutions. Participants are not allowed to bring their own pedals, handlebars, or seats. Seat pads are allowed. Time permitting, participants can adjust the handlebar height and seat height positions. The head ref for the bike area will ensure the trip counter on each bike computer is reset to zero before each wave starts and that no one gets off to a false start. At the end of the 30 minutes, the head ref will signal participants to stop. Volunteers will record the total distance based on your bike's computer. Participants will be allowed to bring towels and have water bottles while on the bike.

- **T2 (Transition 2, from the bike to the run):** Participants will be allowed 5 minutes to transition from the bikes to the treadmills/track. Please be courteous of other people as you make your way to the run.
- **On the run:** Participants will run 20 minutes. The run segment will be completed on the treadmills on the 2nd floor or the track. The head ref for the run area will ensure that no participants press their start button before the start is called and that all participants pause their machines at the end of 20 minutes. If a participant needs a break, they must slow down the treadmill and walk. Participants must remain on the belt of the treadmill for the entire 20 minutes. If you choose to stop early and step off the belt, your distance will be recorded at the point, and your triathlon is considered complete. Otherwise, volunteers will record distances at the end of the 20 minutes. Participants will be allowed to bring towels and water bottles with them for the run.
- **Scoring:** Volunteers will record the distances of each participant in each event and tabulate the final distance. Results will be emailed to all participants and posted on the Wellness Center Facebook page. Scoring is based upon furthest distance traveled in each individual portion. Swim distance will be converted into miles to coincide with the other two events. We will have an overall distance leader, and individual event point leaders. Good luck to all our participants.