



Life Time Fitness Indoor Triathlon 2020 Participant Rules

Welcome to the 2020 Life Time Fitness Indoor Tri! To ensure a safe and fair event experience, we encourage all participants to please review the following information prior to Race Day.

Check-In / Registration

Please arrive and check-in 30-45 minutes prior to your start time. Please be punctual. If you're not in the pool area by your start time, the race will begin without you.

Registration will be located in the hallway at the Life Time Fitness club. If you are a Life Time Fitness member, please check in at the front desk as you normally would. Non- members should check-in at the front desk and will need to complete a guest registration form. Lockers and towels are available for nonmember use and are complimentary. Volunteers will help answer questions and to point you in the right direction.

Event Overview

The Indoor Triathlon is based on time rather than distance -- meaning you receive points for going further in a specific period of time, not going faster over a fixed distance. Participants are graded on a curve. The furthest distance in each category gets the most points (actual number is based on total participants), the shortest receives 1 point, and your "score" for the discipline is based on the points you achieve.

All three disciplines count equally toward your final score. Therefore, your rank and score will not be determined until all participants have completed the event. See the "Scoring" section below for more details.

Event Structure

The total event will last 75 minutes:

- 10 minutes in the pool
- 10-minute transition
- 30 minutes on a spin bike
- 5-minute transition
- 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.

The Swim

Participants will swim for 10 minutes in the pool. There will be no more than two participants per lane. Each wave will have up to 10 participants, with all participants starting at the same time. Participants will be body marked with their assigned number and must wear the event-issued swim cap. The head referee for the pool will use a whistle or horn to mark the start and stop time.

Participants are required to be in the pool and touching the wall for the start. Once started, participants swim (using any stroke) to the other end of their lane, touch the wall and turn-around. They are allowed

to stop to rest by hanging on the wall, lane line or by standing. When the stop whistle or horn sounds, all racers must stop and return to the start end of the pool. Participants will be given credit for total lengths completed - measured in FULL lengths. For example, if you finish your final length less than half way you will not gain an additional length. If you finish your final length more than half way will gain another length.

Transition #1 (T1, from the swim 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 get to the spin room. Please be prompt, safe and considerate of others while moving through the facility. Bike shoes with cleats are not allowed on your feet until you have reached the cycling studio. The 10 minutes allowed should be adequate to make the transition in a safe, controlled manner. We recommend bringing both your bike and running gear for a smoother transition from the bike to the run.

The Bike

Participants will bike for 30 minutes. Each bike offers an integrated bike computer, measuring cadence, power output (wattage) and distance. All computers will be calibrated to ensure consistency, where actual distances earned will correspond with outdoor riding conditions.

Participants will be allowed to adjust their own tension throughout the bike portion, which will impact distance (more resistance will translate to more distance assuming cadence remains consistent). Participants are not allowed to bring their own pedals. All bikes will have pedals with toe clips for use with regular running shoes on one side and clipless compatibility on the other.

Time permitting, participants can adjust the handlebar height and seat height positions. The head referee 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 referee will signal participants to stop. Volunteers will record the total distance based on your bike's computer. Participants will be allowed to use towels, have water bottles and wear headphones while on the bike.

Transition #2 (T2, from the bike to the run)

Participants will be allowed 5 minutes to transition from the bikes to the treadmills. Please be courteous of other people as you make your way to the run area.

The Run

Participants will run 20 minutes. The run segment will be done on treadmills. We will make every effort to ensure all treadmills are of the same brand and are calibrated accurately.

The head referee for the run area will ensure all participants press their "start" button together, then stop their machines at the end of 20 minutes. Treadmills will be set at a 0% incline and may be adjusted as long as you do not have a negative incline. Participants can control how fast they set their treadmills and can change the speed throughout the 20 minutes. If you need a break, slow down the machine. 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 you stopped. Participants are not allowed to support themselves using the handrails or center consoles, as this creates an unfair advantage. Officials will issue one warning for the first offense, then assign a variable time penalty for subsequent offenses.

Volunteers will record distances after 20 minutes. Participants will be allowed to bring towels, water bottles and headphones for the run.

Scoring

Volunteers will record the distances of each participant in each event and tabulate the final score. Results will be available online at www.lifetimetri.com within a day of the event, but we will try to try to have them online earlier if possible. Ranking will be provided for Open Men, Open Women, Masters Men and Masters Women. **Note:** *It is YOUR responsibility to ensure your scores are accurate. Please double check with your volunteers before departing each discipline.*

Competitive? Qualify for the Life Time Tri Championship! **NEW!**

While Indoor Tri is primarily focused on new triathletes, we're encouraging competitive triathletes to get involved. Our national results system will identify and provide our top 3 females and males (by total distance, not points) with access to the 2020 Life Time Tri Championship event in NYC on July 19:

- Overall: Comp entry (\$369 value)
- 2nd & 3rd : Guaranteed entry

Preliminary race results will be tabulated within each club, then aggregated and posted to www.lifetimetri.com/events/indoortri.

FAQs

- You are strongly encouraged to bring a water bottle for the event. Water fountains are available throughout the club.
- Nutrition: If needed, consider bringing an energy gel or sports drink for competition. The Life Café will provide snacks for all participants following the event.
- Spectators are welcomed and encouraged during the event. Non-members will simply need to sign a liability waiver upon entering the club.

Thank you for joining us.
Get ready for a great event!

- Your Indoor Tri Race Directors