



# IN-DOOR TRIATHLON YMCA OF GREATER WESTFIELD Guidelines

**Sunday, March 24 8AM- 1PM**

**First Wave begins 8AM and following waves start every 30 minutes afterwards  
You will be notified of your starting time by Monday, March 18**

**SWIM=15MINUTES / BIKE 25MINUTE / RUN 20 MINUTES  
Transition Time: 10 minute pool to bike / 5 minute bike to treadmill**

**Swim distance: 2 points per length**

**Each time you touch the wall, consists of a length  
8 swimmers per wave, 2 per lane. You may swim any stroke. You may rest on the  
wall. A lifeguard bullhorn/whistle will signal the end of time. Volunteers will count  
your lengths. If you are in a middle of the pool, we will count that as a full length.**

**Bike distance: 3 points per Keiser's monitor TRIP #**

**Spin bikes have SPD pedals and clipless cages. Biking gear/tension starts at 10.**

**Running distance: 15 points per Treadmill mile**

**Hit Quick Start. Any speed and any incline. No holding onto the frame while  
running.**

**Attire: Come ready wearing bathing suit & towel, optional goggles & swim cap.  
Wear shorts that you are comfortable biking and running in. Bring SPD bike shoes  
& running sneakers or just sneaker for both cycling & running. Bring water bottle.**



**Come early if you  
don't know your  
seat adjustment or  
layout of the Y.**

**Light snacks will be provided.**



**Rankings will be determined by the  
total points covered in all 3 events  
Rankings will be posted the  
following day.**

**Complete registration form to sign up by Friday, March 15, 2019  
For more information, contact Cindy Agan, P. 568-8631  
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