

2021 Dry Tri Neal Center YMCA

Wave Start	Row (10 min)	T1 (5 min)	Bike (20 min)	T2 (5 min)	Run (15 min)
1:00	1:00-1:10	1:10-1:15	1:15-1:35	1:35-1:40	1:40-1:55
1:25	1:25-1:35	1:35-1:40	1:40-2:00	2:00-2:05	2:05-2:20
1:50	1:50-2:00	2:00-2:05	2:05-2:25	2:25-2:30	2:30-2:45
2:15	2:15-2:25	2:25-2:30	2:30-2:50	2:50-2:55	2:55-3:10
2:40	2:40-2:50	2:50-2:55	2:55-3:15	3:15-3:20	3:20-3:35
3:05	3:05-3:15	3:15-3:20	3:20-3:40	3:40-3:45	3:45-4:00
3:30	3:30-3:40	3:40-3:45	3:45-4:05	4:05-4:10	4:10-4:25

General

- Check-in opens at noon and will be located in the pool gathering area.
- Please come early to get fitted on the bikes if you're unfamiliar with Kesier M3i stationary bikes. The transition time does not allow for enough time to figure out new adjustments.
- Please be on time for your wave start time. If you are late, whatever time remaining on the timer is all that is allotted for your row. If you miss your wave time, you are disqualified.
- Your assigned number corresponds to your assigned rower, bike and treadmill.

Row (10 min)

- Participants should report to the gym 5+ minutes prior to their wave start time. You may use this time to warm up and set your rower settings.
- At 1 minute until wave start, participants report to their assigned rower. Participants will mount the rower but CANNOT move the handle until the buzzer sounds.
- At the finish buzzer, rowers must stop and rack the handle immediately.
- Volunteers will record distance traveled to the nearest meter once the distance has stopped accumulating.

T1 (5 min)

- Report to bikes as soon as possible.

Bike (20 min)

- At any time during the day, participants can use the bikes on the side to determine their bike adjustments, warm up or cool down.
- At 1 minute until wave start, participants report to their designated bike based on their assigned equipment number. Participants will mount on the bike but CANNOT cycle the pedals until the buzzer sounds.
- At the finish buzzer, bikers must stop their pedals immediately.
- Volunteers will record distance traveled to the nearest tenth of a mile.

T2 (5 min)

- Report to the Wellness Center as soon as possible.

Run (15 min) – Wellness Center

- At any time during the day, participants can use the walking track to warm up or cool down.
- At 1 minute until wave start, participants report to their designated treadmill based on their assigned equipment number. Participants will stand on the treadmill but cannot start the treadmill until the start buzzer sounds. At the start buzzer, participants should press "quick start". The treadmills will count down 3 seconds before the belt begins moving.
- At the finish buzzer, runners must press the red "stop" button **ONE TIME** on the treadmill. If you press "stop" twice, your distance will be erased and you will be disqualified.
- Volunteers will record distance traveled to the nearest hundredth of a mile.