

Triathlon

- Check In
 - Must check in at least 15 minutes prior to heat
 - Must sign participation sheet
 - Participant number is safety pinned on front of outermost piece of clothing
- Swim, Bike, Run
 - Swim – ½ Mile
 - Bike – 15 Miles
 - Run – 4 Miles
- Swimming
 - Takes place in Augustana pool
 - Circle Swim
 - 2-3 people per lane
 - 17.5 Laps (35 Lengths)
- Bike
 - No Helmet = 5 Minute Penalty
 - Headphones may not be worn on city streets
 - Obey traffic lights
 - Begins at front doors, ends at front doors
 - The route is as follows:
 - Begin at Augie
 - Grange to 37th
 - 37th to O’Gorman
 - O’Gorman to Bike Trail
 - Bike Trail to Sanford Sports Complex
 - Turn Around
 - Same Bike Route Back
- Run
 - Leave bike in grass in front of Elmen Center
 - Must tell timers your number as you drive by
 - Run begins immediately after crossing finish line
 - Run route is as follows
 - Begin at Elmen Center (Grange)
 - Grange to 33rd
 - 33rd to Minnesota
 - Minnesota to 37th
 - 37th to Kiwanis
 - Kiwanis to 33rd
 - 33rd to Lake
 - Lake to 37th
 - 37th to Grange

- Grange to Elmen Center
- Finish
 - Official times will not be available until Saturday afternoon
 - Times posted on internet the following Monday
 - DED scores will be posted the following Monday
 - All open/DED individuals who finish will receive a t-shirt as well as be entered into a drawing for a large prize (TV in the past)
 - Drawing and t-shirt hand out will not take place until everyone has finished