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