



Triathlete FAQ

Are swim caps required?

NO, swim caps ARE NOT required but you will be provided on in your race packet. **HELMETS ARE REQUIRED FOR ALL RIDERS. NO HELMET, NO RIDING!**

Can I wear a wet suit?

Wet suits are NOT authorized for this race. This means that an athlete that chooses to wear his or her wet suit (including 'shorties') will NOT qualify for an official time. Please refer to the USAT policy on wet suits: <http://www.usatriathlon.org/pages/1684>

Are athletes starting the race in heats?

Yes. The first heat (or 'wave') will start with the beginning of the race at 7:00 a.m. and subsequent heats will run in 10 minute increments (i.e. the second heat will start at approximately 7:10 a.m.) and based on the pace of the swimmers in the current heat. This information will also be available at Race Day Check-In.

Are there special instructions for the relay teams?

No, the race is to be run as if each team were an individual such that the athlete participating in the swim portion must head to the transition area to hand off the race chip to enable the bike athlete to begin. Once the bike athlete returns to the transition area and hands off the race chip to the next team member, the run athlete can begin the final leg of the race. **Please note: per the packet pickup instructions ALL relay team members MUST be present with photo ID at packet pickup!**

Will the lockers be available for the race (and to non-members)?

Yes, the men's and women's locker rooms will be available to all athletes to store your personal belongings. Please note that you are responsible for your use of the lockers so recommend you bring your own lock. Additionally, all race gear should remain with your bike in the transition area so that it is accessible during the race.



How will the swim be conducted?

The swim will be held in the 50 m heated outdoor pool and the water temperature is expected to be between 72 and 76 degrees. 12 swimmers will swim per heat with 2 swimmers assigned to half a lane each. Swimmers will start the race IN THE POOL. Flip turns are permitted during the race and UMLY life guards will be monitoring the swim to assure your safety.

Will swimmers be able to warm up in the pool prior to their assigned heats?

Yes, swimmers will be able to use UMLY's B Pool, inside the building, to warm up for the outdoor swim. The B-Pool will open at 6:00 a.m. to allow sufficient warm up time for the first race wave. UMLY recommends all swimmers be on the deck of the outside pool (race pool) 10 minutes prior to the start of their assigned heat.

Is there a rain date for the UMLY Tri?

NO. The triathlon will occur RAIN or SHINE. The exception to this is if thunder and lightning are present at the beginning of the race. Lin-Mark, on behalf of the USAT, will make the final call on any decisions related to the race due to thunder and lightning

Will there be awards for the top finishers?

Yes. Awards will be given to the top male (\$250 Visa gift card), top female (\$250 Visa gift card) and top relay team (\$50 Visa gift card to each participating team member)