

USA Triathlon has developed an indoor triathlon program called USATri60 to introduce individuals to the sport of triathlon at a grassroots level. The purpose will be to expose participants to the sport of triathlon in a one-hour, non-threatening setting and with a built-in support system built to drive the concept that 'anyone can be a triathlete'.

An indoor triathlon for your club provides opportunities for off-season training as well as community engagement. USATri60 has the ability to become a premier event for your club to help raise funds for the club and club activities. Each host also can use these events as a lead up to the USA Triathlon High School National Championships. The best part is that the event comes at no cost to any host club.

USA Triathlon covers the cost to sanction the event and provides goods for all participants.

Each participant receives the following

- ROKA Goggles
- ROKA Swim Cap
- ROKA Drawstring Bag
- Finisher Medal

In 2019 USAT has the ability to work closely with 35 + hosts. USAT will attempt to grow the program incrementally throughout 2019 and beyond.

#### **Why Produce a USATri60?**

- **LIMITED FINANCIAL RISK!** USA Triathlon will provide sanctioning of your USATri60 event which will extend to you liability insurance coverage.
- **SYNERGY** is created throughout the community. This becomes an opportunity to seek out support for your club at the local and regional levels.
- **EASY** – no need for permits, no weather issues, less volunteers needed, athletes won't need to worry about equipment in order to participate and timed legs completing riding a set distance means anyone at any speed can finish in the allotted time.
- **EDUCATE** youth, adults and seniors on multisport and how it can lead to a healthy lifestyle.

USA Triathlon is the National Governing Body for the Olympic sport of Triathlon. We will be your resource for all things related to running an indoor event. This partnership will bring with it the following triathlon education materials:

- All sanctioning fees related to the event are covered by USA Triathlon.
- We will work with you on logistics, preparation and execution of the USATri60 program.
- USATri60 Manual from step A to Z on indoor triathlons.
- USA Triathlon staff support and assistance that is based on your needs, not ours.

## **FEE STRUCTURE**

All adult participants must purchase a one-day license (\$15) or an annual membership (\$50) or be a current USA Triathlon member to participate.

Youth participants (17 and younger) must purchase an annual membership (\$10) or be a current USA Triathlon member to participate.

All USATri60 triathlon hosts have discretion to charge an amount that is appropriate for them. All money from registration fees, less annual/one-day licenses sold, is money that is kept by the host.

**All sanctioning fees related to the event are covered by USA Triathlon.**

### **Event Structure (Ages 15+ as of 12/31)**

#### **Swim**

- Indoor pool
- 10-minute swim
- Any stroke may be used, and they may walk if feet can touch the ground
- Lane lines must be used
- Volunteers will be there to count athlete swim lengths

#### **Bike**

- Stationary/Spin bikes which are all located in the same room/area
- 30-minute bike
- Athletes may adjust the resistance to any desired level
- Volunteers will be there to record their distance biked

#### **Run**

- Indoor on a treadmill (Indoor Tracks and Outdoor Tracks can be used in treadmills are not available.)
- 20-minute run/jog/walk
- All treadmills shall be set on a 0% incline but may be adjusted to any desired level by the athlete
- Athletes may also choose their speed
- Volunteers will be there to record their distance covered

#### **Transition Area**

- When moving from swim to bike the locker room shall serve as the athlete's transition area
- T1 (swim to bike) will be 10 minutes, T2 (bike to run) will be 5 minutes

## Youth Event Structure (Ages 7-14 as of 12/31)

### Swim

- Indoor pool
- 5-minute swim
- Any stroke may be used, and they may walk if feet can touch the ground
- No life jackets, floaties, paddleboards, or outside assistance permitted
- Lane Lines must be used
- Volunteers will be there to count athlete swim lengths

### Bike

- Stationary/Spin bikes which are all located in the same room/area
- 15-minute bike
- Athletes may adjust the resistance to any desired level
- Volunteers will be there to record their distance biked

### Run

- Indoor on a treadmill (Indoor Tracks and Outdoor Tracks can be used in treadmills are not available.)
- 10-minute run/jog/walk
- All treadmills shall be set on a 0% incline but may be adjusted to any desired level by the athlete
- Athletes may also choose their speed
- Volunteers will be there to record the distance run

### Transition Area

- When moving from swim to bike the locker room shall serve as the athlete's transition area
- T1 will be 10 minutes, T2 will be 5 minutes