



FOR YOUTH DEVELOPMENT™  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# Y TRI INDOOR SPRINT TRIATHLON INFO

## CARLISLE FAMILY YMCA

### DISTANCES

- Adult — 800-yard swim (32 lengths), 12-mile bike, 3.1-mile run
- Novice — 400-yard swim (16 lengths), 6-mile bike, 1.5-mile run

### RULES

#### SWIM

- No running on the pool deck
- Feet first entry and push start from wall only
- Flip turns are permitted
- Use of any equipment is not permitted (hand paddles, pull buoys, etc.)
- Lap counters will show your completed lengths by odd numbers. On the 31<sup>st</sup> length for adults and 15<sup>th</sup> length for novice, the counter will show an orange board instead of the number to indicate that you have 1 length remaining.

#### TRANSITION #1

No more than 6 minutes transition to the bikes in Studio B (First floor next to the locker rooms)

#### BIKE

- Music with headphones are permitted
- Any resistance setting is permitted
- Clip shoes are permitted

#### TRANSITION #2

No more than 5 minutes transition to the treadmills in the Wellness Center (2<sup>nd</sup> floor). Use main stairwell by the Welcome Center desk.

#### RUN

- Music with headphones are permitted
- Any speed/incline is permitted
- Walking is permitted
- Holding onto the treadmill is **not permitted** unless it is an emergency.

Your final event time will be the cumulative time for each event minus the transition times.

### GOOD LUCK TO ALL PARTICIPANTS AND HAVE FUN!

#### Thank you to our 2026 Y Tri Sponsors

Daily Express Inc.  
Gameday Men's Health  
Frey & Tiley Attorney's - at - Law  
The Dave Hooke Team of Keller Williams of Central PA  
Carl Hendricks  
Carlisle Family YMCA

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### CARLISLE FAMILY YMCA

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