

YMCA Indoor Triathlon Rules 2025

Overview: The Indoor Triathlon is based on time rather than distance – meaning you will try to go farther in a specific period of time, not faster over a fixed distance. Transition times are fixed between events and do not count toward participants' scores. The transition times are planned to allow safe progression to the next portion of the race. If you're not in the pool area, cycling room, and wellness center by your start times, each area will start without you.

In the Pool: Participants will swim for 10 minutes; there will be no more than one participant per lane. Each wave will have 6 participants, with all participants starting at the same time. Participants will be body marked at check in with their assigned number. The head ref for the pool will use a whistle or horn to mark the start and stop time. Participants are required to be in the pool for the start. Once started, participants are allowed to stop to rest by hanging on the wall, lane line or by standing. When the stop whistle or horn goes off, all racers must stop and return to the start end of the pool. Participants will be given credit for total lengths completed measured in full lengths. For example, if you finish your final length less than half way you will not gain an additional length. If you finish your final length more than half way will gain another length.

T1 (Transition 1, from the pool to the bike): Participants will be given 10 minutes from the whistle or horn to go to the locker room, change into clothing for cycling/running and get to the cycling room. The 10 minutes allowed should be adequate to make the transition in a safe, controlled manner.

On the bike: Participants will bike for 20 minutes. Each bike will have a power console that tracks distance. Participants will be allowed to adjust their own tension throughout the bike portion. Time permitting, participants can adjust the handlebar height and seat positions. The head ref for the bike area will ensure the trip counter on each bike computer is reset to zero before each wave starts and that no one gets off to a false start. At the end of the 20 minutes, the head ref will signal participants to stop. Volunteers will record the total distance based on your bike's computer. Participants will be allowed to bring towels and have water bottles while on the bike.

T2 (Transition 2, from the bike to the run): Participants will be allowed 5 minutes to transition from the bikes to the treadmills. Please be courteous of other people as you make your way to the run.

On the run: Participants will run 20 minutes. The run segment will be done on treadmills. The head ref for the run area will ensure that no participants press their start button before the start is called and that all participants stop their machines at the end of 20 minutes. Participants can control how fast they set their treadmills and can change the speed and incline throughout the 20 minutes. If you need a break, slow down the machine. Participants must remain on the belt of the treadmill for the entire 20 minutes. If you choose to stop early and step off the belt, your distance will be recorded at the point you stopped. Otherwise, volunteers will record distances at the end of the 20 minutes. Participants will be allowed to bring towels and water bottles with them for the run.

Awards– After the final wave has finished and all athlete distances have been calculated, the winners will be announced on the YMCA of Middletown Facebook page. Awards will be given for the top 3 men's and women's finishers.