The Wanna Tri! Sprint Triathlon will consist of a 500 yard indoor pool swim, 12 mile indoor stationary bike and a 3.1 mile outdoor run. All events will take place in and around The Ocasek Natatorium at The University of Akron. The event is sponsored by the SRWS Aquatics Program.

Event Date
SUNDAY, APRIL 23rd, 2017

Individual Participant Heats: The event will be broken up into heats of competitors, with heats starting on the top of each hour. The race schedule is broken up as follows: 8am (men’s heat), 9am (women’s heat), 10am (men’s heat), 11am (women’s heat & relay heat). If necessary, additional heats will start at 12pm. All pre-registered participants will be seeded into a heat based on estimated 500-yard swim times.

What to Bring? A basic equipment list may look like the following:
- Swim cap
- Swim goggles
- Towel
- Sunglasses
- Water bottle
- Shirt
- Visor/hat
- Athletic shoes (required)
- Socks
- Sunscreen
- IPODS/MP3 players are allowed for the bike and the run events
There will be a MANDATORY Pre-Race Meeting 15-minutes prior to the start of each heat in the ONAT Deep End. Participants MUST be checked in for their heat prior to the start of each meeting.

Race Day Timetable

7:00am: Doors Open & Race Check-In Begins
7:45am: All 8am participants must be checked in; Pre-Race Meeting
8:00am: 8am heat starts!
8:45am: All 9am participants must be checked in; Pre-Race Meeting
9:00am: 9am heat starts!
9:45am: All 10am participants must be checked in; Pre-Race Meeting
10:00am: 10am heat starts!
10:45am: All 11am participants must be checked in; Pre-Race Mtg.
11:00pm: 11am heat starts! (Only if necessary)
11:45pm: Overflow & late registration participants checked in;
12:00pm: 12pm heat starts! (Only if necessary)
1:00pm: 1pm heat starts! (Only if necessary)

Participant Check-In
Participant check-in will start in the ONAT Hallway promptly at 7:00am. All athletes must be checked-in by the start of their pre-race heat meeting. When you check-in, you will officially be issued your heat & lane assignment. The race number given to you corresponds to your Heat & Pool Lane Assignment. Participant # A1, will be in the first heat, lane 1, Participant # B1 will be in second heat, lane 1, etc….Staff will be marking your arm and leg with your Heat & Lane number. Please put on sunscreen AFTER the body marking.

Transition Area
The pool deck transition area will also open at 7:00am. After you have checked-in, find the area behind the swim lane you are assigned to, and set out your equipment. Please remember that you are sharing this space with multiple competitors, so please be courteous.
Leave everything you need for the bike & run transition behind your bike.
Take your swim goggles and swim cap with you to the start of the swim. No snorkels or fins are allowed.

There is plenty of space in and around the pool deck area for athletes to stretch & warm-up, please be aware of your other competitors, specifically once the heats have started.
Course Information

Swim
Each heat will start in the water. You will complete a 500 yard swim (20 lengths or 10 laps down and back). Swim caps are not required, but recommended for individuals with longer hair.

After completing the swim, you will move to the transition area directly behind your swim lane to change for the bike. There will be no grace period for this transition. The locker rooms will be open for changing or to use the rest room if you so choose. Once changed you will move to the stationary bike assigned to you by your race number.

Bike : FYI

Each numbered swim lane will have a stationary bike with the same number as the lane. Prior to entering the water for the swim, you should set-up the bike to a comfortable race position (ie: adjust the seat, handlebars, etc). When you are ready to start biking, climb onto the bike and simply start pedaling at a minimum resistance level of 5. All participants are required to maintain that minimum resistance level for the duration of the bike. However, if you choose to, you may increase the resistance to any level above 5. All participants will pedal until the "trip" counter on your bike reaches 16 miles. This 16 mile trip is the equivalent of 12 “real” miles. When you get close to completing the 16 mile trip, raise your hand to get the attention of a race volunteer, and they will verify and record your time upon completion. Once finished biking, you will again move to the transition area if needed. Again, the locker rooms will be open for changing and rest rooms. After the transition you will move on to the run.

Run

Staff will guide you to exit the Transition Area and to the start of the run course. The run course officially starts at the tall white double doors located at the ONAT deep end of the pool. Once outside the building, simply follow the ground markers & signage along the designated path. The run course will loop thru campus & eventually end up near the clock-tower, where you will finish. There will be an official race clock & race personnel directing you towards the finish line.

Timing

There will be an official "master" clock, which will be synced on the pool and at the finish line at the start of the first heat at 8 a.m. There will also be a master stop watch which will have the official start and each persons finish times, as well as multiple sub master watches to get individuals splits and transition times. To get an accurate time for the bike, when you have a quarter mile left on the bike, call over a timer to watch you finish the bike and allow you to move to the transition area. Staff will be counting your laps for the swim and for the outdoor run. For the bike you must call a timer over to verify that you have completed the bike course.
Spectators

Spectators are welcome and may sit on the bleachers on the other side of the pool away from the transition area, and will have convenient access to multiple points of the outdoor run course.

Awards

Awards will be given to the top 3 females and top 3 male finishers of each individual heat. At the completion of the entire day, all results will be merged together & posted online.