

KOPFC
WINTER INDOOR TRIATHLON CHALLENGE

GET YOUR ORN

2023
Saturday January 28
Saturday February 18

AGES 13 & UP
ALL SKILL LEVELS

REGISTER AT:
kopfc.perfectmind.com

This triathlon series is perfect for all abilities whether you've participated in many or this is your first. Rather than racing over a fixed distance as traditional triathlons are designed to do, this indoor triathlon will have you race for the greatest distance you can within a fixed time frame. You will compete for a total of 1 hour (with 2 transitions) no matter how fast anyone is. You will receive a score based on the distance you complete in each of the disciplines (swim, bike, run), and an overall score based on those combined scores. The event will run in "waves" with 16 participants per wave. Each wave begins 1/2 hour after the previous wave start. Select your wave time during registration.

At the first event (Saturday, Jan. 28), try your best and set a baseline. At the second event (Saturday, Feb. 18), after training hard since the first, go full throttle to see how much you have improved. Now, you'll be even more ready than your "Triathlon Community competitors", to take on the rest of the triathlon outdoor season.

Registration Information

All registrations must be done online via our registration system. Go to kopfc.perfectmind.com. If you haven't used our registration system before, you will need to set up a free account and once completed you can proceed with registration. Please note: there are **No Refunds** once you have registered and entries are **Non-Transferable** (i.e. If you sign up for the series, you cannot have someone substitute for you under any circumstances). This event has sold out the last 6 years so don't delay and register today.

Packet Pickup / Check-in

You must check-in before each event at the "Check-In" table located in the 50 Meter pool. You must arrive 30 minutes before your start time (facility opens at 7:00 AM) and show picture ID after which you will receive your bib number & body markings. If you are late for your check-in, you forfeit your spot in your wave, however, if another spot opens up we will do our best to allow you to compete in that position. Allow enough time to set up your transition and to make the "Pre Race" meeting 15 minutes before the start of your wave.

Start Times - (subject to change)

Wave #1 - 7:30 AM, Wave #2 - 8:00 AM, Wave #3 - 8:30 AM, Wave #4 - 9:00 AM,
 Wave #5 - 9:30 AM, Wave #6 - 10:00 AM, Wave #7 - 10:30 AM
 You will select your wave at time of registration. There are 16 slots per wave.

Race Format

15 minute **SWIM** (Indoor 50 Meter pool with individual assigned lanes) -----10 minute transition-----
 25 minute **BIKE** (KOPFC Spin Studio - stationary spin bike w/distance metered) ---10 minute transition---
 20 minute **RUN** (Utah Olympic Oval indoor track)



Scoring System

The competitor who travels the greatest distance in a particular leg receives 100 points for that leg. All other competitors will receive a percentage of those points based on their distance traveled in that leg. Each leg of the race counts equally towards the total score. Example: Steve swims the furthest distance, 35 lengths; Steve receives 100 points. Riley swims 30 lengths; $30 \div 35 = .85 \times 100 = 85$; Riley receives 85 points. Swim + Bike + Run = total score. Final results will divide Men & Women in their own divisions. Any protests will be noted at the time they are recorded, but the judgment of the head ref of each area is final and no adjustments will be performed to the racers score after the fact.

Transitions

There WILL be formal transition areas. Participants must not attempt to disrupt or impede the transition of another competitor in any way. Between the Swim & Bike events there will be a 10 minute transition time for you to dry off/change (either in the transition area or locker room if you choose) and make way to the KOPFC Spin Studio to make any bike adjustments. Between the Bike & Run events there will be a 10 minute transition time for you to change shoes (if applicable) and to make your way to the Utah Olympic Oval indoor track start line. Each event is on a scheduled set start time so if you are late, your penalty will be the missed time from when your wave began that segment. Example - Sam is 2 minutes late for the bike start, so now she only has 23 minutes to travel as far as she can. Remember - this competition is about completing the furthest distance you can within the given time allotment.

Swim Rules and Regulations

Swimmers must begin the race in the water with one or more body parts in contact with the starting side of the pool in their chosen lane. The use of any artificial propulsion and/or flotation device is prohibited; including, but not limited to fins, hand paddles, water gloves, kick-boards, and snorkels (Snorkels may be used if medically necessary as compliant with USAT Triathlon rules). With the exception of the end walls; no inanimate object (lane ropes, sides of pool, pool bottom) may be used to aid in forward progress at anytime. Failure to adhere to this regulation will result in a warning and 2 lengths reduction penalty after the first offense and disqualification after the second. Swimmers must continue in the same forward direction until they have made contact with the end wall. (You can not turn around until you have completed a full pool length.) Scoring will be based upon 1 length equal to 25 yards. Only fully completed lengths will be credited to competitors



Bike Rules and Regulations

You must be completely dry from the swim leg. Bikes have been set up so proper distance from another rider is maintained. Do NOT move bikes - you may be disqualified. Riders must remain on the bike for the duration of the biking leg (25 minutes). Bike shoes (with "spd" clip mounts) or running shoes are permitted on our spin bikes. Riders may get on the bike prior to the start, but can not begin to pedal until the start signal is given. Racers can adjust the handlebar height & seat height to whatever they want, but may not use any tools other than the levers on the bike. Keep in mind, injuries can occur if you spin too fast so we recommend each participant set the tension at a level that is safe and comfortable based on their cycle experience. Each bike will be outfitted with a bike computer that will measure "distance" by miles. The head ref for the bike area will ensure that the trip counter on each bike computer is reset to zero before each group starts, and that nobody false-starts. Racers will be allowed to bring one water bottle with them for the bike, of which must fit in the water bottle holder provided on the bike. Late arrival for the start of this leg will result in a penalty of time lost. ***There is NO "free" spinning permitted and feet must be on pedals at all time.** Officials will assess a 2 mile distance reduction penalty for riders violating this rule.



Run Rules and Regulations

Runners will report to the start line on the track at the Utah Olympic Oval. Each racer will have 20 minutes to complete as many laps as they can. Only fully completed laps will be credited to competitors score calculation. (Each quarter lap of the Oval track equals one full Tri lap for scoring purposes). Numbers must be displayed on front. No spiked shoes are permitted.

Additional Rules and Information

- Failure to appear to any one or more legs of the race will result in disqualification.
- All participants must conduct themselves within the guidelines of "good sportsmanship" and in accordance with the rules and regulations listed above.
- Competitors must follow any and all instructions given by event officials. Any & all judgments/rulings made by event officials once disputes are brought to their attention are final.

For any questions prior to event please contact: Jennifer Adams (Registration/Results) at jadams@kopfc.com, 801.545.4109 or call Steve Cook (Event Director) at scook@kopfc.com, 801.545.4111, .