



## **Transition for Team Relay Teams**

### **Swim**

At the swim, your team will be assigned a team box on the pool deck. The first swimmer should be wearing the timing chip. Once the first swimmer has crossed the timing mat and entered the water (either by hopping in feet first or using the ladder in the lane), the next swimmer should step up into the “Next Swimmer Box”, while the rest of the team remains in the team box. When the first swimmer completes the 100 yd. serpentine swim, that swimmer will exit the water (either by hopping out over the side or using the ladder adjacent to the lane rope) and go to the “Next Swimmer Box” where the next team member will remove the timing chip from the first swimmer and fasten it to their own ankle. The next swimmer will then cross the timing mat and enter the water. The team repeats this process for the remaining swimmers.

The first swimmer leave the pool deck and head to transition to prepare for for the bike portion of the race at any time while the rest of team is completing the swim, though we recommend the first swimmer head to transition no later than when the final swimmer enters the water. The rest of the team can remain on the deck and head to transition once the final swimmer completes the swim.

### **T1 (Swim to Bike Transition)**

(Once the swim portion is completed and the team has moved to transition, the team will remain at their team bike rack in the transition area. All timing chip hand-offs will occur there.)

As you move to T1, strip off your goggles and swim cap. Locate your transition set up. Once there, equip yourself for the bike. (When laying out your transition before the race, set your gear out so what you need to put on first is on the top. For example, if you’re putting on shorts, don’t put them under your shoes or you may slip on your shoes and then say oops!)

**Remember you must have your helmet on and buckled before you will be allowed on the bike course-NO EXCEPTIONS.**

When the final swimmer reaches the first biker, he/she will hand off the timing chip, fastening it to the ankle of the biker. The biker must walk or run the bike to the mount line on the bike course before mounting the bike. **NO RIDING** is allowed in the transition area.

As each biker finishes the course, he/she will dismount at the dismount line and again walk or run the bike to the team rack. The next biker will remove the timing chip and fasten it to his/her ankle and follow the same procedure as the first biker.

### **T2 (Bike to Run)**

You’ll have a bit of time to complete this transition. Don’t forget to take off your helmet unless you’d like to have the coolest headgear on the run! Be sure to wear your race number for the run, either on a race belt or pinned to shirt or shorts.

When the final biker arrives at the team rack, complete the chip exchange so the first runner is wearing the chip on his ankle. The first runner will run the entire run course, including crossing over the timing mats in the 1<sup>st</sup>, 2<sup>nd</sup>, and 3<sup>rd</sup> runner chute *at the finish line*. This runner **DOES NOT** stop at the finish, but runs up to the transition area to do the chip exchange for the next runner. Continue to complete the exchanges at the team rack (this means the first, second, and third runners run the course and through the finish area and back to the transition) until the final runner heads out on the run course. Then the team may move to the finish line area to cheer on the final runner, being careful not to hinder the progress of any other teams. The final runner crosses through the regular finish chute to complete the race. Congratulations!