

Indoor-Tri FAQ

- Participants are responsible for getting to their heat station on time. to set-up, stretch, and warm-up prior to their heat times. Clock will start at the beginning of the event and will continue to run until the end of the event. If you show up late to your heat, you cannot make that up. You will stop when your heat stops.
- Can we still register for this event? **Yes. Registration closes for this event on Thursday March 11th, 2026, or when the event capacity of 60 is reached, whichever comes first.**
- Can I use the facility to warm up prior to my heat if I am not a member? **Yes. All participants will be able to warm up on the Track, and in Fitness Center only. Pool will be reserved for heat participants only.**
- What should I bring? **Bring your own towel, swimsuit, and proper athletic attire for each event. Also bring a water bottle, sports drink, or energy gels that you will need for the event.**
- When will I get my heat assignment? **Heats will be distributed the Thursday prior to the event. (March 11, 2026)**
- Can heat times be requested? **Yes. Heats will be filled out as requested or in the order of registration.**
- What time do the participants have to be here? **Check-in no earlier than 30 minutes to your assigned heat time. Please bring your I.D.**
- When do I get my T-shirt? **If you registered by end of day on February 24, 2026, you will be guaranteed a participant T-shirt. Shirts will be handed out during your Check-in.**
- How long is the event? **First heat starts at 8am and last heat will start at 11:40 a.m. Ending the event at 12:40 p.m.**
- When will the awards be distributed? **1p. The awards will be handed out in Covington.**
- What time do the Volunteers/staff have to be there? **Check in at 7am in the CORE Conference room.**
- Will there be refreshments? **Yes, we will have light snacks and bottled water before, during and after the event.**
- How long is each event? **Swim for 10 minutes, Bike for 15 minutes and run for 15 minutes. There will be a 10-minute transition between the swim and bike, and a 5-minute transition between the bike and run. The swim will take place in the CORE indoor pool. The bike and run will take place in the marked off area in the fitness center**
- Are the results going to be posted online? **Yes, we will have the results posted on our website and on Facebook.**
- Can I exchange my T-shirt size? **No exchanges will take place since we ordered exact amount at the deadline date.**
- Am I allowed to switch heats with other participants? **Yes, but it must be done no later than March 10, 2026. Heat assignments will be sent out end-of-day March 12, 2026.**
- How many people are in my age group? **We can have this number available after heat sheets have been assigned.**
- Are there cash prizes? **No, we do not have cash prizes for this event.**
- Where will the pictures be posted for this event? **Yes, on Facebook (a day or two) after the event.**
- Can we have family or friends come watch me during the event? **Yes, spectators will be allowed to observe assigned areas. All spectators are prohibited from entering the event areas during the event. Children must stay under close supervision.**