

TRIO TRI

Rx/Advanced



3 Rounds for Time

Run one lap

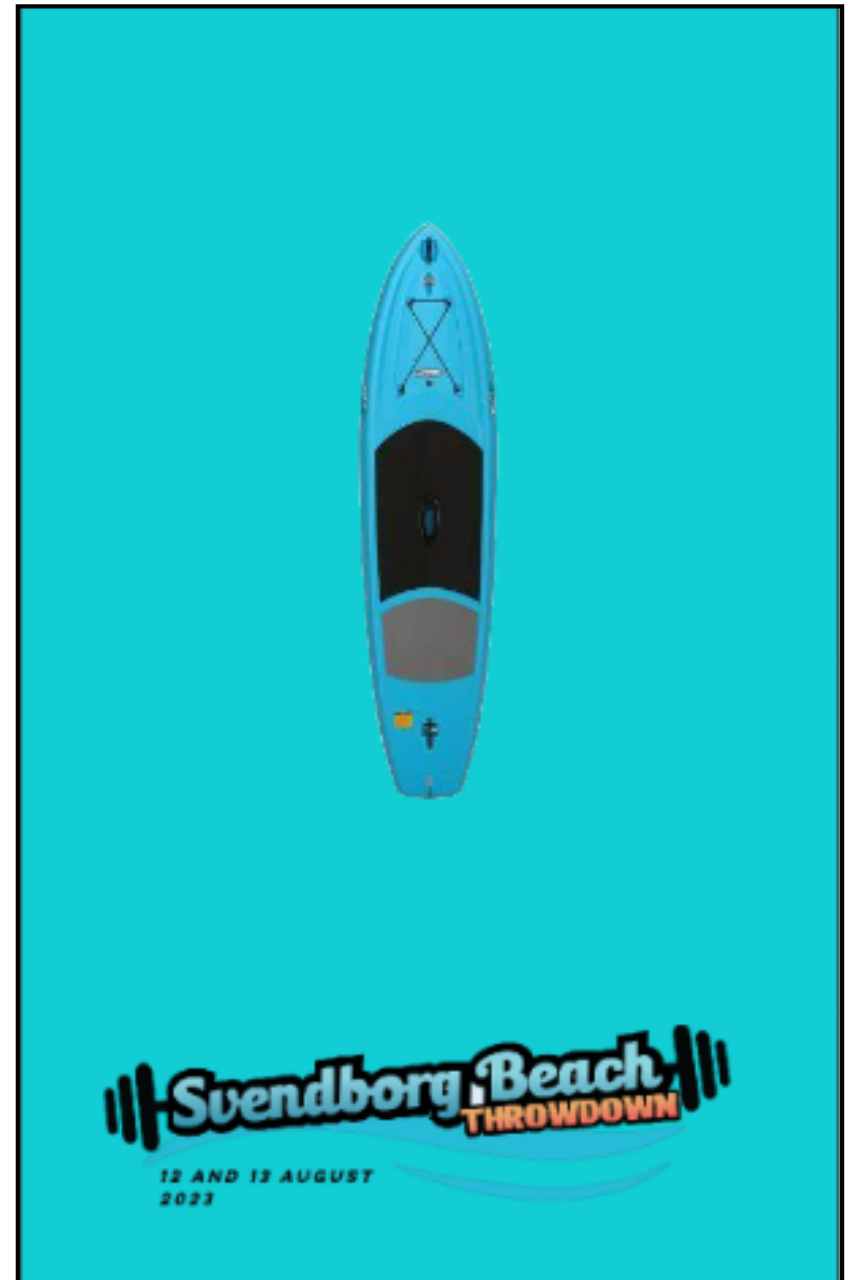
Paddleboard to marker and back

Run to arena

Bike 1000m

Change

15 minute Timecap



Demonstration Walk Through



Tom



Bill



Harry

Each team member is responsible for being placed in their respective locations prior to the workout starting.

On 3, 2, 1, Go....

Tom



And **Bill** sprints from the starting position and run the loop around the arena heading to the water (The last remaining team member may stand at this time but still remain behind the start line).

As **Tom** and **Bill** approach the water (must enter and leave the beach between the two trees), pick up a paddleboard and head into the water.

Once in the water, make your way to the second and furthest marker buoy and go around the marker with your paddleboard (you can both sit or lay on the board or swim with the board if that suits you, but the board will go with the two of you for the loop).

When back to land, place your board on the beach at the same location you picked it up. Run back to your lane via the opposite side of the arena.

Enter your lane and (**Tom**) jump onto the bike to complete 1000m (The team member left at the start line can step into the lane to make the bike ready for Tom with seat placement and the screen set at zero, but they must return to the starting line before Tom is done on the bike).

Tom will jump off the bike and run to tag his team mate (standing behind the line). This marks the start of the second round with **Bill** and his new partner).

Bill



And **Harry** sprints from the starting position and run the loop around the arena heading to the water.

As **Bill** and **Harry** approach the water (must enter and leave the beach between the two trees), pick up a paddleboard and head into the water.

Once in the water, make your way to the second and furthest marker buoy and go around the marker with your paddleboard.

When back to land, place your board on the beach at the same location you picked it up. Run back to your lane via the opposite side of the arena.

Enter your lane and (**Bill**) jump onto the bike to complete 1000m (The team member left at the start line can step into the lane to make the bike ready with seat placement and the screen set at zero, but they must return to the starting line before Bill is done on the bike).

Bill will jump off the bike and run to tag his team mate (standing behind the line). This marks the start of the Third round with **Harry** and his new partner).

Harry



And **Tom** sprints from the starting position and run the final loop around the arena heading to the water.

As **Harry** and **Tom** approach the water (must enter and leave the beach between the two trees), pick up a paddleboard and head into the water.

Once in the water, make your way to the second and furthest marker buoy and go around the marker with your paddleboard.

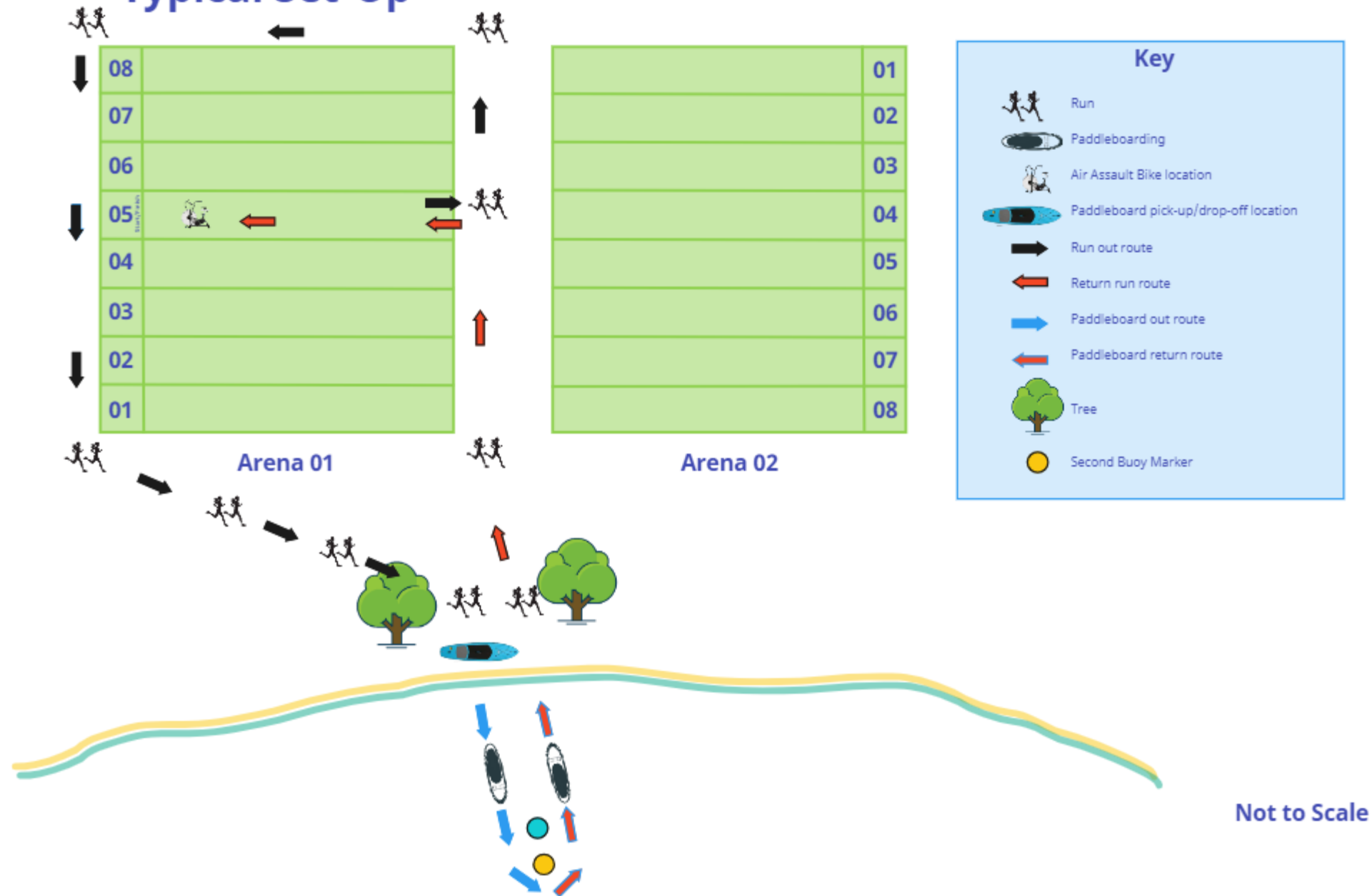
When back to land, place your board on the beach at the same location you picked it up. Run back to your lane via the opposite side of the arena.

Enter your lane and (**Harry**) jump onto the bike to complete 1000m (The team member left at the start line can step into the lane to make the bike ready with seat placement and the screen set at zero. Both remaining team members can gather around the bike to cheer if they wish, but must be across the finish line when Harry is done).

Harry will jump off the bike and run through the finish line to signify the end of this workout for his team (all team members to be over the finish line for the workout to be finished).

One of the team will be responsible to confirming the score and signing the score sheet from the judge.

Typical Set-Up



Tiebreaker Ruling

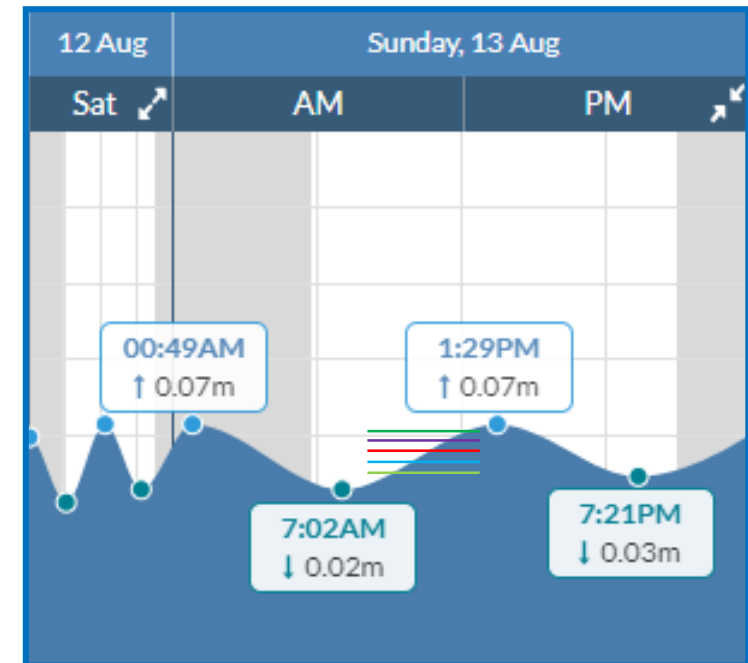


The tiebreaker in the workout will be taken from the timing of the first and second lap times as the biking team member tags to start the next round. In the event of a tie between another team, the team with the quickest second lap will be awarded to higher finishing position. If there is a tie against the second lap times, then the timing for the first lap will be used to award finish positions. If there is still a tie at this point, the position will be shared.

Final placements will be set by the event scoring team.

- Mixer Masters: from 0900hrs
- Women Scaled: from 0940hrs
- Men Scaled: from 1040hrs
- Women Rx: from 1120hrs
- Men Rx: from 1200hrs

Tide Timing Sunday 13th August



Score card

Trio Tri - Rx/Advanced

Scorecard		
Round 1	Score	Tiebreaker Time
1 x one lap (inc. SUP)	1	
10 x 100m Bike distance	10	11
Total Reps:	11	

Round: 11 Total: 11

Round 2	Score	Tiebreaker Time
1 x one lap (inc. SUP)	1	
10 x 100m Bike distance	10	22
Total Reps:	11	

Round: 11 Total: 22

Round 3	Score	Finished Time
1 x one lap (inc. SUP)	1	
10 x 100m Bike distance	10	33
Total Reps:	11	

Round: 11 Total: 33

Heat	56/57/58/59/60	
Team No.		
Team Name		
Division:	W/Rx	M/Rx
Time/Reps:		
Tiebreaker		

Tiebreaker Rules:

The tiebreaker in the workout will be taken from the timing of the first and second lap times as the biking team member tags to start the next round. In the event of a tie between another team, the team with the quickest second lap will be awarded to higher finishing position. If there is a tie against the second lap times, then the timing for the first lap will be used to award finish positions. If there is still a tie at this point, the position will be shared.

Judge:

Team Signature: