



RACE DAY CHECKLIST

SWIM BIKE RUN

- Cap
- Goggles
- Swim Suit
- Wet Suit
- Body Glide

- Bike
- Helmet
- Bike Shoes
- Socks
- Water Bottles
- Floor Pump
- Bike Computer
- Repair Kit
 - CO2 Cartridge
 - Spare Tube
 - Mini Pump
 - Tire Levers
 - Patch Kit
 - Mini Tools

- Hat
- Race Belt
- Race Number
- Running Shoes
- Running Shirt
- Water Bottle

CLOTHING

- Tri-Suit
- Tri-Shorts
- Post Race Clothing
- Towel (Dry Off)
- Rain Gear
- Warm Jacket

MISC

- Advil
- Camera
- Registration Letter
- USAT Card
- Wallet
- Extra Water
- Gels/Sports drink
- Wrist Watch
- Sun Block
- Transition Towel
- Transition Bag
- Road ID/Identification

Race Name _____ Date _____

Distance Sprint Olympic HIM IM

Distance Time Pace

Swim			
T1			
Bike			
T2			
Run			



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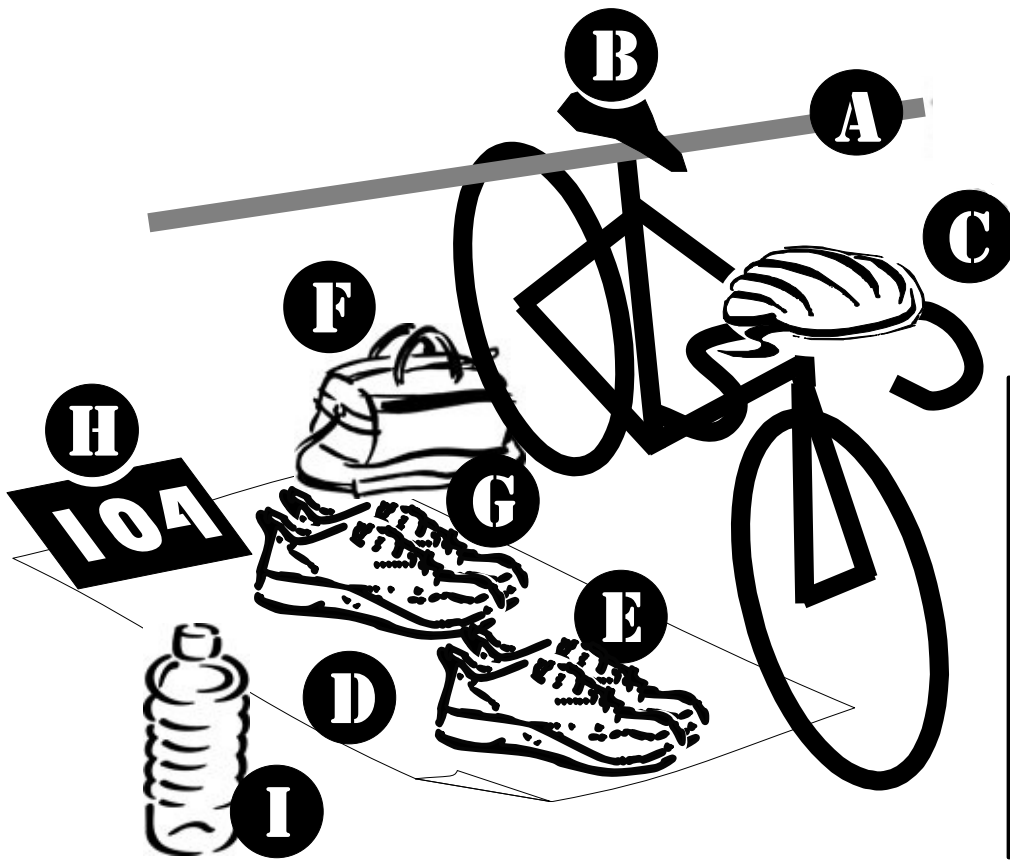
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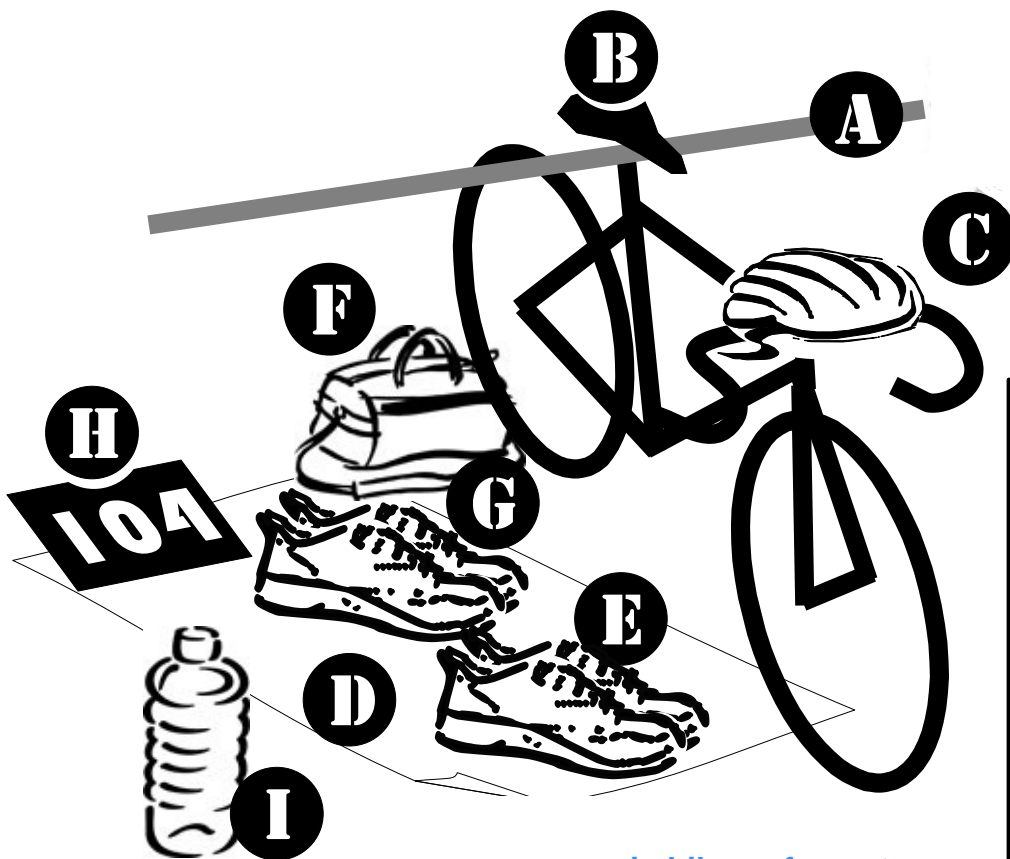
Transition Set-up Example



#SwimBikeRunFun

KEY

- A Bike Rack
- B Bike
- C Bike Helmet
- D Towel
- E Bike Shoes
- F Duffel Bag
- G Running Shoes
- H Race Number
- I Water Bottle
(for washing feet)



#SwimBikeRunFun

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