

## ALL-TIME RECORDS

### SWIM

1. 34.0 Lengths, Jonah Hennings-Booth, Chugiak (11-12)
- T2. 33.5 Lengths, Ethan Espe, Chugiak (2011-12)
- T2. 33.5 Lengths, Paul Cockreham, Chugiak (2012-13)
3. 33.25 Lengths, Ethan Espe, Chugiak (2012-13)
4. 32.0 Lengths, Brandon Fast, Eagle River (2012-13)
5. 31.75 Lengths, Zach Vanlandingham - South (2008-09)

### BIKE

1. 4.52 Miles, Harlan Stettenbenz - Dimond (2009-10)
2. 3.77 Miles, Mike Miranda - Dimond (2009-10)
3. 3.70 Miles, Alex Gibbs - Eagle River (2009-10)
4. 3.68 Miles, Luke Shelley - Dimond (2009-10)
5. 3.66 Miles, Anton Werin, Dimond (2012-13)

### RUN

1. 1.77 Miles, John Corr - Dimond (2009-10)
- T2. 1.67 Miles, Sean Farley - Dimond (2008-09)
- T2. 1.67 Miles, Sean Farley - Dimond (2007-08)
3. 1.66 Miles, Luke Shelley - Dimond (2008-9)
4. 1.65 Miles, Stephen Butler - Bartlett (2010-11)
- T5. 1.63 Miles, Luke Shelley - Dimond (2009-10)
- T5. 1.63 Miles, Albert Berry - Bartlett (2008-09)

### OVERALL

1. 8 Points, Harlan Stettenbenz - Dimond (2010-11)
- T2. 11 Points, Luke Shelley - Dimond (2009-10)
- T2. 11 Points, Andrew Banez - Dimond (2012-13)
3. 13 Points, Luke Shelley - Dimond (2007-08)
- T4. 14 Points, Sean Farley - Dimond (2007-08)
- T4. 14 Points, Chris Lindbeck - Dimond (2011-12)
- T5. 15 Points, Luke Shelley - Dimond (2006-07)
- T5. 15 Points, Peter Bentley - Dimond (2006-07)

## *JROTC Indoor Triathlon*

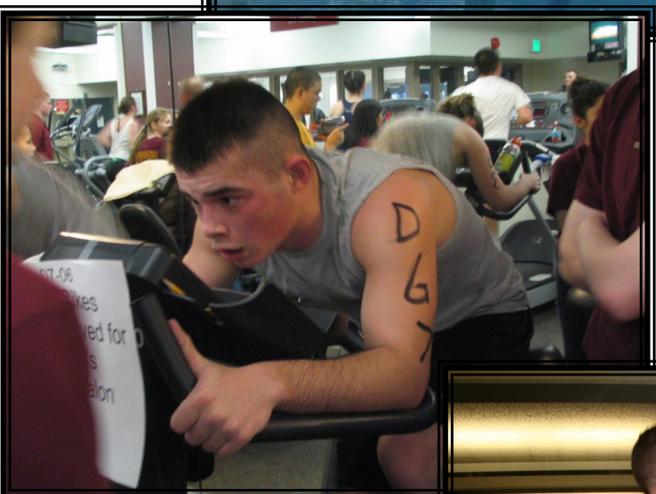


*“The Third Jewel of the Triple Crown”*



*March 22nd, 2014  
Buckner Field House  
Ft. Richardson, AK*

TEAM	STAGING	SWIM	TRANSITION	BIKE	TRANSITION	RUN
1	0920-0930	0930-0940	0940-0945	0945-0955	0955-1000	1000-1010
2	0935-0945	0945-0955	0955-1000	1000-1010	1010-1015	1015-1025
3	0950-1000	1000-1010	1010-1015	1015-1025	1025-1030	1030-1040
4	1005-1015	1015-1025	1025-1030	1030-1040	1040-1045	1045-1055
5	1020-1030	1030-1040	1040-1045	1045-1055	1055-1100	1100-1110
6	1035-1045	1045-1055	1055-1100	1100-1110	1110-1115	1115-1125
7	1050-1100	1100-1110	1110-1115	1115-1125	1125-1130	1130-1140
8	1105-1115	1115-1125	1125-1130	1130-1140	1140-1145	1145-1155
9	1120-1130	1130-1140	1140-1145	1145-1155	1155-1200	1200-1210
10	1135-1145	1145-1155	1155-1200	1200-1210	1210-1215	1215-1225
11	1150-1200	1200-1210	1210-1215	1215-1225	1225-1230	1230-1240
12	1205-1215	1215-1225	1225-1230	1230-1240	1240-1245	1245-1255
13	1220-1230	1230-1240	1240-1245	1245-1255	1255-1300	1300-1310
14	1235-1245	1245-1255	1255-1300	1300-1310	1310-1315	1315-1325
15	1250-1300	1300-1310	1310-1315	1315-1325	1325-1330	1330-1340



### **Timeline**

- As part of our agreement with the Buckner management, we must minimize our impact on Buckner patrons and the disruption of facilities for their regular customers. They have agreed to our published time line as long as we execute it and are finished by the agreed to time. Therefore strict adherence to the timeline will be maintained. If you are not present at an event at the designated times, be advised that the clock is running and you will not receive a restart. Instructors may check the “Official Time” at the head table
- Please note that from 0900 to 0930 teams are free to familiarize themselves with the facilities layout and recon the route they will take from the locker rooms to the cardio room. They are also free to familiarize themselves with the operation of the exercise bikes and treadmills. This familiarization period will end promptly at 0930 when the first team begins the competition.
- Once teams know their order in the rotation, they can use the chart on the opposing page to determine their exact timeline.

### **Event Description**

The competition will consist of the three traditional triathlon events: the swim, bike and run. However, as opposed to a traditional competition where the distance of each discipline is set and the elapsed time for completion is measured, the inverse is true for our event: the time for each discipline will be fixed and the distance covered will be the variable measured.

Teams will perform the competition as a group. All disciplines will last for 10 minutes and will be separated by a non-scoring five minute transition time to allow rest and re-hydration. Individual scores for distances traveled will be recorded to determine placement for each cadet, and then totaled to calculate team finishes.

### **Milestones & Key Times**

If you plan to participate in this event and have not done so already, contact myself (MSG Shelley) and convey your intent as well as how many teams your school would like to enter. This should be done ASAP. If your numbers flex, please pass the changes along as soon as you make a determination so I can adjust the timeline. This is critical for our support from Buckner.

- Location: Buckner Field House, Ft. Richardson, AK
- Date: 22 Mar 14
- Times: Be assembled in the Buckner Field House parking lot at 0850. We will be allowed to enter the facility at 0900 and the first team will hit the water at 0930. Teams who start later in the rotation can arrive at their instructor’s discretion...just don’t be late! We should be done with the awards presentation about 1430(ish).

### **Minimizing our Footprint**

The management of Buckner has graciously agreed to allow us to conduct our event at their facility. Their perspective is that this is a community outreach / recruiting type of event, and they are happy to facilitate it as long as there is minimum interference with their primary mission of providing services to the

military. In other words, allowing us into the facility does not mean that we get to take it over - it means that we get to use 4 swim lanes, 8 bikes, 8 treadmills, and that we must stay out of everyone else's way. Failure to appreciate this reality could easily result in our losing the best available venue for our competition.

Instructors are responsible for the supervision and conduct of their cadets at all times. Whenever possible, everyone should stay in the bleacher area above the pool. This is where anyone not actively competing belongs (other than to use the restrooms). The primary restrooms to be used are those just inside the locker rooms.

Finally, it goes without saying that we must be respectful of the fact that we are in someone else's house. Only conduct becoming a cadet will be acceptable.

Off limits area in Buckner Field House

- Saunas
- Steam Rooms
- Weight Rooms
- Boxing Room
- Locker room except on official business: use the restroom, staging for the swim, transition after the swim

### Team Composition

We are limited to 8-man teams due to the number of upright exercise bikes Buckner has that are of identical make and model. The exact male-to-female ratio will be determined by consensus of the attending schools. Last year each team was required to have at least 3 females on it, but that could change for this year. Please contact MSG Shelley ASAP with your input on team composition! In the event a school cannot field a full 8-man team, participation is still highly encouraged. The cadets will be at a gigantic mathematical disadvantage to win team awards, but will still be eligible to garner individual awards. This also applies to any partial second or third teams a school may wish to enter.

- Team awards will consist of 1st, 2nd and 3rd place trophies going to the teams who has the best combined score from all three events.
- **Teams who leave the gym to eat need to insure that all competitors are in the bleachers and ready for awards 45 minutes after the last team completes the run.**

Certificates will be presented to the top three placing females in each discipline.

### Packing List

- Swimwear (to include goggles)
- Dry running clothes
- Water bottle (BEWARE: large Nalogen-type bottles don't fit in the treadmill's bottle holders!)
- I-Pod or other music device
- Towel (Bring your own...Buckner doesn't have enough to support us)
- Food to snack on during the competition.

### Cost

The final cost for all awards this year still TBD. I am waiting on the final bill from the trophy shop. I will send this out via email ASAP.

### Coordination Meeting

We will only hold Coordination Meeting if there are schools who want one. Most of the attending programs have done this event for years and don't feel the need to attend. But if there are any who desire one, we will do it on Friday the 21st. Let me know if you want to attend.

### Team Rosters

All team rosters must be provided via email NLT COB Thursday 20 Mar. Remember to denote all female competitors. This will assist us in getting started on Saturday morning.

event. If you feel this is insufficient to develop your game plan and strategies, then it is recommend that you visit Buckner prior to these times for additional practice.

- Instructors should not try to watch other teams. This will be viewed as trying to gain an unfair advantage. Instructors should confine themselves to coaching and supervising their own teams and not watching to see what settings another team used.
- This same concept also applies to staging.

#### This is a Triathlon...not a Biathlon

Participation in all three events is mandatory. It is hardly fair for a non-swimming biker “stud” or runner “stud” to hang on the swimming pool wall for 10 minutes resting - or exerting only minimal effort - and then go win the event gold medal in his strong discipline. In a real triathlon he would never have gotten out of the water to begin with. Instructors must insure that the spirit of fair play is being met by their teams.

#### Signing of score sheets

All athletes are encouraged to report to their grader and initial their score sheet acknowledging they agree with the recorded score. This confirms for them that the correct score got recorded and provides the chance to correct any errors on the spot. Failure to confirm/initial their score forfeits the right to contest it later. Prior to implementing this check and balance there was much complaining about mistakes in scores. Since starting it there have been none. Enough said.

#### Awards

Awards presentation will follow 45 minutes after the last team completes the competition. They will be held in the bleacher area. Individual medals will be given to the top three finishers in each event.

- Gold, Silver and Bronze swim medals
- Gold, Silver, and Bronze bike medals
- Gold, Silver and Bronze run medals
- Gold, Silver and Bronze “Overall” medals
- Gold, Silver and Bronze Female medals



#### Safety

A Risk Assessment will be performed by the host school prior to this event. When in the pool, the certified lifeguards will provide first-line supervision and render any necessary medical attention. **After exiting the water, athlete supervision (in regards to safety) is an instructor responsibility.** Dimond instructors and cadets are responsible for conducting this event and are not able to provide satisfactory supervision without failing in their duties of hosting the event. Instructors should plan on following their team(s) through the competition in case of illness, pulled muscles, asthmatic attack, etc. Instructor responsibility for their cadets also extends to cleaning up any messes they make, such as throwing up.

- Instructors: insure that any of your cadets who have asthma bring their inhaler with them to Buckner and keep it with them throughout the competition.

#### Scoring

##### General Info:

Scoring updates will be posted after each team completes an event. They will be posted upstairs in the pool bleacher area.

- All competitors will be racked and stacked from first to last in each discipline based on the distances covered.
- Individual “Overall” placement will be determined by totaling the individual finishes in all three disciplines.
- Team finishes in each discipline will be determined by totaling the distances covered of all eight members
- Team “Overall placement will be determined by totaling the overall placement of each team’s members.

Swim: Scorers will count and record the number of pool lengths each competitor swims in the allotted 10 minutes to the last completed 1/4 length (e.g. 17 3/4). The scoring of the swim event is basically very straight-forward, however it is subjective in nature in that the scorer is estimating the last 1/4 length completed. This is made difficult by the fact that the scorer is viewing the swimmers at an oblique angle. It must be noted, however, that this condition remains consistent throughout the compe-

tition for all contestants. And this is vastly preferable over a judge moving laterally down the length of the pool to get a good view of one swimmer's exact finish position but in so doing puts the other swimmer they are grading at a sever angle. If the judges remain static, all competitors are subject to the same conditions and no advantage is held by one athlete over another. All cadets have a "level playing field."

As a safeguard, all swimmers should check in with their graders after finishing their swim and before they go to their locker room. They will be told their exact score and told to initial the score slip. In the event there is a discrepancy between the judges and swimmers opinions, the instructor can address it on the spot. This is not mandatory, but failing to do so will result in there being no appeal process

#### Bike:

- Each bike will have a grader who will record your distance covered to the 1/100 mile (e.g. 4.72).
- During the last 15 seconds or so the grader will touch the control panel to get the display to show the distance covered. Over the last 5 seconds or so the grader will read this distance out loud. Cadets should read along with their grader and confirm they agree with what the graders are saying.
- Scores will be what was displayed the instant the whistle started. If the display ticks over to the next 1/100 one pedal stroke later it does not count.
- If you agree with the score, initial your score sheet and begin your transition.
- If you feel a mistake has been made, keep your display going by continuing to pedal slowly and call the senior cadet grader over. If you are arguing over 1/100, the judgment goes to the scorer. But if an error HAS been made, get it corrected THEN. If you and the senior cadet cannot read the same display and agree on what it says, then call MSG Youngblood over. He will make a final determination. But it is essential that you keep the display active by slowly pedaling. Once the display goes blank, the issue is closed and the score is final.

or tank-top style is fine.

- Females, be cautious of wearing exposed swim suits in the cardio room. A bikini-style suit should absolutely have a shirt and shorts worn over the top. This is suggested even for a one-piece suit. Dimond had a patron complain about the suit one of our girls was wearing, and it was her team suit from the school swim team! Bottom line: we are inconveniencing some people who will complain about anything...let's try not to give them a reason to complain.

#### Finding the cardio room:

It goes without saying that it is each team's responsibility to find the cardio room and be there on time.

#### Cardio Room procedures:

- Personnel allowed in the cardio room are competitors "on the clock", instructors, and a few S-5 cadets who are actively covering their program. Everyone else is excluded. See the section titled "Minimizing our Footprint" for the rationale.
- The only people who can coach or assist are the instructors. Instructors are free to give advice, refill water bottles, calculate splits / estimate distances, encourage, pass Ipods or any other type of coaching as long as no physical assistance is rendered. Prohibited assistance includes touching or adjusting the exercise equipment in any way. If S-5's are filling water bottles or giving up Ipods then they are not there doing their S-5 functions and will be told to leave. Violations of the assistance rules will result in penalties being assessed or disqualification.

#### Gamesmanship

Each team bears 100% of the responsibility for setting and adjusting their own exercise machines. The graders will do nothing to assist you. Nor will they advise you on how to set your machines. Neither will the Dimond instructors. Please don't put us in the position of asking for assistance to help your kids to beat our kids. Time for equipment familiarization will take place from 0900—0930 prior to the start of the

lotted 10 minutes.

- Resting during the bike event is authorized but strongly discouraged. Not pedaling for a prolonged period of time may result in the electronic displays resetting to zero. If this happens, no adjustments will be made to your final score.
- Each competitor is required to make all their own settings and adjustments on the bike. Instructors are allowed to coach but not physically touch the bikes.

#### 2nd Transition:

The instant the “stop” whistle sounds ending the bike event, you are on the 5 minute transition clock. During this time you are able to rest, hydrate and familiarize yourself with the treadmill.

#### Run:

- Exactly 5 minutes after your stop the bike you will begin the run.
- The senior cadet supervising the run event will signal the start and stop times with a whistle.
- **DO NOT make the treadmill’s belt turn** until signaled by the whistle.
- Cadets are to cover the maximum distance possible in the allotted 10 minutes.
- Resting during the run event while the treadmill is running is NOT authorized! Stopping your treadmill for any period of time may result in the electronic displays resetting to zero. If this happens, no adjustments will be made to your final score.
- Each competitor is required to make all their own settings and adjustments on the treadmill. Instructors are allowed to coach but not physically touch the treadmills.
- Completion of the run marks the end of the triathlon. Move to the bleacher area as quickly as possible to help relieve congestion in the cardio-room.

#### Rules/Lessons Learned

##### Appropriate Dress:

- In accordance with Buckner rules, males must wear a shirt at all times when not in the pool or locker room area. Sleeveless

#### Run:

- Each treadmill will have a grader who will record your distance covered to the 1/100 mile (e.g. 1.23).
- It is essential that you not touch the treadmill in any way that gains you an advantage. For example, if you stumble and catch yourself on the handrail, that gains you an advantage that you would not have had if you were running outside - you would have simply fallen. Therefore you will be docked a penalty distance. Normally this is .05 mile, but may be greater for more severe violations.
- In the event you step off of the running surface for any reason, you are in danger of the event being terminated and your existing score recorded. This is because unlike the other two events, the machine continues to run and record distance like you are on it and running even if you are not. It rapidly becomes impossible for any grader to accurately estimate the distance the treadmill is recording to say nothing of penalizing you for the rest you are getting while it is measuring progress for you.
- In the event you fall off, you will immediately be told to resume running. If you do not or can not, the event will be terminated and your existing score recorded.
- Scores will be what was displayed the instant the whistle started. If the display ticks over to the next 1/100 one step later it does not count.
- If you agree with the score, sign your score sheet. If you feel a mistake has been made, keep your display going by continuing to walk and call the senior cadet grader over. Once again, if you are arguing over 1/100, the judgment goes to the scorer. But if an error HAS been made, get it corrected THEN. If you and the senior cadet cannot read the same display and agree on what it says, then call MSG Youngblood over. He will make a final determination. But it is essential that you keep the display active by slowly walking. If you allow the display to go blank, the issue is closed and the score is final.

Tie-Breaker: in light of the ties that have occurred in both the team and individual categories, the following criteria will be used:

- Score the tied cadets/teams head to head discounting all others to determine who finished higher in 2 of the 3 disciplines
- In the event it is still tied, determine who had the highest single discipline finish (e.g. 4th, t-7th, 2nd beats 3rd, t-7th, 3rd).
- In the event it is still tied, who has the greatest combined bike/run total?
- In the event it is still tied, who has the greatest swim total?

### Conduct of the Event

Staging:

- Enter the locker room and begin staging your equipment only on schedule. Only two teams at a time will be allowed in staging - the team that is up and the team that is next up.
- Be sure to bring only the gear you need for the completion into the locker room. Leave all other personal belongings in the bleachers under the control of people from your program.
- Feel free to lay out your gear in preparation for the transition.  
**While you are in the pool area one of your instructors will be responsible for your belongings.** Don't bring your wallet or other valuables.

Swim:

- Once a team is in staging, that team (and their instructors) are cleared to enter the pool area. It is each team's responsibility to be prepared to enter the water on time and begin swimming at the command of the pool NCOIC
- Due to the fact that there will be two cadets in each lane, the Buckner staff has directed that there will be no diving or backstroke-style starts. The only authorized start position will be hanging on the wall of the deep end and simply pushing off and begin swimming.
- You will begin swimming at the sound of the air horn, and complete as many lengths as possible in the allotted 10 minutes.
- While continuous effort is encouraged, stopping and resting is allowed.

- This event will be performed in four lanes, so your 8-man team will be broken down into 2 swimmers per lane.
- There will be one grader per two swimmers. They will record the number of lengths each cadets has swam using wrestling score charts. They will also determine and record the last completed 1/4 length each cadet performed by the ending air horn.
- The instant the "stop" air horn sounds, you are on the 5 minute transition clock. Move directly to the nearest end of the pool and exit. Report to your grader to be told your score and initial your score sheet. Failure to sign your sheet forfeits you the right to contest your score later.

1st Transition:

- **Each school's instructor is responsible for insuring that the team takes all of their gear with them when departing the locker room.** Once arriving in the cardio room excess gear can be stored in the "cubby" storage bins.
- Do not walk through the lobby enroute to the Cardio Room. The staff requires that we walk down the hallways so we don't run through the desk area where they are dealing with customers.

Bike:

- Report from the locker room to the bikes in the cardio room as quickly as possible. This will give you more time to get set and adjusted for the next event.
- Exactly 5 minutes after your stop the swim you will begin the bike.
- The senior cadet running the bike event will signal the start and stop times with a whistle. **DO NOT begin pedaling or press the START button until signaled by the whistle. Pedaling early to get the display to light up and become active is cheating.** If you start early, your grader will instruct you to stop pedaling until it goes dead before you are allowed to begin again. This will cost you time in getting started.
- Cadets are to cover the maximum distance possible in the al-