

Race Name				Date
Distance	Sprint	Olympic	HIM	IM
	Distance	Time	Pace	
Swim				
T1				
Bike				
T2				
Run				

RACE DAY CHECKLIST

SWIM BIKB RUN 0 Hat

- 0 Cap Goggles 0
- Swim Suit
- Wet Suit
- **Body Glide**

CLOTHING

Tri-Suit

O Post Race

Clothing

Tri-Shorts

O Towel (Dry Off)

Warm Jacket

Rain Gear

0

- 0 Bike 0 Helmet
- 0 Bike Shoes
- 0 Socks
- 0 Water Bottles
- 0 Floor Pump
- Bike Computer 0
- Repair Kit
 - CO2 Cartridge
 - Spare Tube
 - Mini Pump
 - Tire Levers
 - Patch Kit
 - Mini Tools

MISC

Race Belt

Race Number

Running Shoes

Running Shirt

Water Bottle

O Advil

0

0

0

- 0 Camera
- Registration Letter
- **USAT Card** 0
- Wallet 0
- Extra Water 0
- Gels/Sports drink 0
- O Wrist Watch
- 0 Sun Block
- Transition Towel
- 0 Transition Bag
- Road ID/Identification



Race Name Date HIM Distance Sprint Olympic ΙM Distance Time Pace Swim T1 Bike T2 Run

RACE DAY CHECKLIST

0

0

0

0

SWIM BIKB RUN

Bike

Helmet

Socks

Bike Shoes

- 0 Cap
- 0 Goggles
- Swim Suit 0

- **Body Glide**
- Wet Suit

- - 0 Water Bottles Floor Pump
 - Bike Computer
 - Repair Kit
 - CO2 Cartridge Spare Tube
 - Mini Pump
 - Tire Levers Patch Kit

 - Mini Tools

- 0 Hat
- 0 Race Belt
- Race Number 0
- **Running Shoes** 0
- 0 Running Shirt
- 0 Water Bottle

MISC

- O Advil
- Camera
- Registration Letter
- 0 **USAT Card**
- 0 Wallet
- 0 Extra Water
- Gels/Sports drink 0
- 0 Wrist Watch
- Sun Block 0
- 0 **Transition Towel**
- Transition Bag
- Road ID/Identification

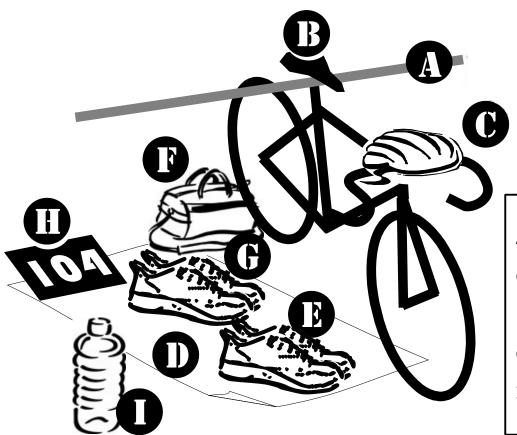
CLOTHING

- Tri-Suit 0
- O Tri-Shorts O Post Race
- Clothina
- Towel (Dry Off)
- 0 Rain Gear
- Warm Jacket

- 0

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Transition Set-up Example

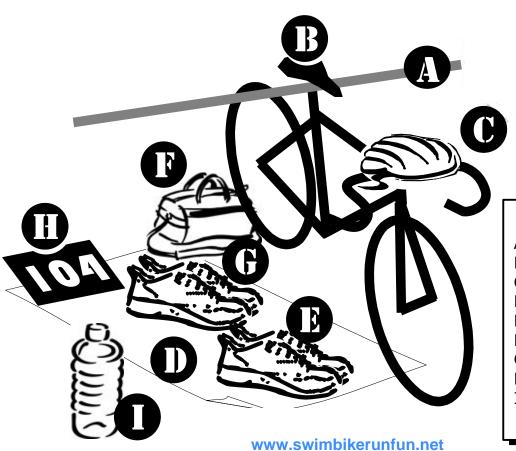




KEY

- 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)





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