



No Limits Triathlon

Transition Checklist Swim Start time:_____ Transition close time:_____

Bike

- Pump up tires to 120 psi
- Computer on bike, it is working and zeroed
- Put bike in moderate-easy gear
- Water bottles on bike, with valves open
- Repair kit, pump on bike
- Bike shoes on bike (or ground)
 - a. -strap loosened
 - b. -no rocks in shoes
 - c. -left peddle facing forward
- Helmet on bike
 - a. -facing correct direction
 - b. -strap unfastened

- Glasses in helmet, arms opened
- Gloves on bike
- Arm warmers on bike
- Gels taped on bike, energy bars on bike

Run

- Bright Towel on ground
- Running shoes on towel, no rocks, tongues out
- Hat on shoes
- Number belt on towel

Swim

- Swimsuit and singlet on
- Number on (tucked in or out)
- My body is numbered with marker
- Lubricate body and outside of wetsuit (legs and arms)
- Put on wetsuit
- Take goggles (antifogged) and cap with me
- Timing chip is on leg (correct position)

Other

- Car keys placed in a safe place
- Give your bag, walking shoes to friend

