

# OFFICIAL RACE PROGRAM



**TRIATHLON - DUATHLON - AQUABIKE**



**INTEGRITY**  
MULTISPORT

**April 13th, 2025 | Las Olas Oceanside Park**

# EVENT SCHEDULE



## Event Location - Las Olas Oceanside Park

3000 E Las Olas Blvd Fort Lauderdale, FL 33316

## Friday, April 11th - Packet Pickup at City Bikes Pembroke Pines

4:00 p.m. - 6:30 p.m.

671 NW 100th Pl Pembroke Pines, FL 33024 | You MUST have your Photo ID and QR code.

## Saturday, April 12th - Packet Pickup at City Bikes Aventura

1:00 p.m. - 4:00 p.m.

20335 Biscayne Blvd Aventura, FL 33180 | You MUST have your Photo ID and QR code.

## Sunday - Race Day at Las Olas Oceanside Park

5:30 a.m. - 6:15 a.m. - Late Packet Pickup & Bike Check-In

7:00 a.m. - Transition Closes

7:00 a.m. - Olympic Triathlon & Aquabike Begin

7:15 a.m. - 1/2 Olympic Triathlon Begins

7:30 a.m. - 1/4 Olympic Triathlon and Sprint Aquabike Begin

7:35 a.m. - 1/4 Olympic Duathlon Begins (Mass Start)

10:00 a.m. - Transition Security Ends (Please get your bike before the awards ceremony)

## Race Start Order

Olympic Tri & Aquabike- 7:00 a.m.

1/2 Olympic Triathlon- 7:15 a.m.

1/4 Olympic Tri & Aquabike- 7:30 a.m.

1/4 Olympic Duathlon - 7:35 a.m.

## Swim Cap Order

**White** - Male Elite, Open & Para, Male 39 & Under, Clydesdale 39 & Under.

**Yellow** - Male 40-49, Clydesdale 40+

**Red** - Male 50+

**Orange** - Female Elite, Open & Para, Female 39 & Under, Athena 39 & Under, All Relay

**Pink** - Female 40+, Athena 40+

## Race Courses

### 1/4 Olympic Triathlon

375 Meter Swim | 10 km Bike | 2.5 km Run

### 1/2 Olympic Triathlon

750 Meter Swim | 20 km Bike | 5 km Run

### Olympic Triathlon

1500 Meter Swim | 40 km Bike | 10 km Run

### 1/4 Olympic Duathlon

1 km Run | 10 km Bike | 2.5 km Run

### 1/4 Olympic Aquabike

375 Meter Swim | 14 km Bike

### Olympic Aquabike

1500 Meter Swim | 40 km Bike

## Award Times

9:15 a.m. - Aquabike Awards

9:30 a.m. - 1/4 Olympic Duathlon Awards

9:50 a.m. - 1/4 Olympic Triathlon Awards

10:10 a.m. - 1/2 Olympic Triathlon Awards

10:25 a.m. - Olympic Triathlon Awards

## Cutoff Times

9:00 a.m. - Bike lap cutoff

9:50 a.m. - Run Mile 1 cutoff

10:05 a.m. - Run Mile 2 cutoff

In order to complete the Olympic distance you need to be able to complete the swim in under 42 minutes (45 minutes for a mile), bike 15 mph average including the bridge, and run 13 minutes per mile. If you aren't sure if you can do this, please register for the sprint distance instead as we have hard cutoffs to open the roadway back up.

We invite all athletes who have concerns with the cutoff times to register for the 1/4 Olympic distance that we offer, or if you wish let one of the staff know you would like to start with the first wave.



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# PARKING



The venue is shown in green. There are 4 large parking lots and several small ones located near the race venue and are shown in BLUE on this map along with the number of parking spaces in the large lots. There is also limited street parking. All lots are pay by phone. Parking passes are not required



# IMPORTANT INFO



## Aid Stations Contain:

Water  
Gatorade Endurance Sports Drink (Green Gatorade cups)  
Hammer Gel

## Race Numbers:

There is a race number sheet in your race packet that you are required to display during the event. The bicycle frame number must be attached to your bike with the race number clearly visible from both sides of the bike. The bike number is self adhesive. There are 3 small stickers on the sheet to put on the front and both sides of your helmet. The run number must be displayed during the run segment on the front of your body. You can attach it with safety pins provided at packet pickup, or a race belt.

## Body Marking:

At packet pickup you will get a body marking tattoo. Apply it to your left bicep facing out. Place the ink side to CLEAN and DRY the skin, making sure it is right side up. Hold a very wet, folded paper towel over the paper back of the tattoo for 30 seconds. Make sure it gets wet all the way through. Peel the paper backer off skin, leaving tattoo on your skin. DO NOT apply sunscreen or body lotion until AFTER you have applied the tattoo. Please remember these tattoos should be applied before you go to bed on Saturday to set overnight. Remove them with baby oil.

## Swim Caps:

The swim cap placed in your race packet must be worn during the swim. Do not trade your swim cap with another athlete, as the caps are color coded to assist race management in organizing you at the swim start. The swim caps are silicone and a keepsake.

## Dropping Out:

Please notify a race official and return your timing chip at the finish line if you drop out of the race. Your timing chip may only be returned at the finish line. Please do not give it to volunteers elsewhere on the course.

## Relay Teams:

You do not need to leave your bicycle in transition unless your swimmer is also your cyclist. Have your cyclist wait outside the bike entrance to transition to the side so you're not in anyone's way. Your swimmer can run straight through transition and put the timing chip on the cyclist's ankle, then you're off! Upon return, the relay runner can wait outside the bike entrance to transition to get the chip and run right through transition and onto the run course. We ask you to do this as waiting relay cyclists and runners often get in the way of individual racers going through transition. Please be kind to other racers while you wait and stay out of the way.

## Athlete Tracking

Go to <https://a1atriathlon.com/index.php/athlete-tracking/> or scan QR code for more info on racer tracking.

## Bike Check-in:

Bike check-in is on race morning ONLY. There is no need to check your bike the day before.



# IMPORTANT INFO



## Security:

Only registered racers that have their race number on will be allowed to enter the transition area at any time before, during, or after the race. Racers must show proof of a race number that matches the bike number to retrieve their bicycles. ANYONE BADGERING THE SECURITY TEAM WILL BE IMMEDIATELY DISQUALIFIED FROM THE RACE FOR 'UNSPORTSMANLIKE CONDUCT'.

## Backup Timing:

While we have chip timing, occasionally a chip is lost or there is some malfunction somewhere. Because of this, we have backup timers at the start, finish, and each end of transition. Please help yourself and say your number to the person holding a tablet at each of these locations when you pass by.

## Wetsuits:

Events between June and October are never wetsuit legal in Florida. Events between November and May can be, so bring one if you have one and we'll let you know on race morning.

## Rules:

1. Helmets must be buckled or strapped on whenever you're on your bike.
2. Headphones are not allowed as they affect your ability to hear.
3. No drafting. You must stay 5 bike lengths away from the person in front of you and have 20 seconds to pass.
4. No blocking - You must ride on the right side of your lane except when passing.
5. Pass only on the left while on the bike.
6. Do not cross the yellow line around corners on the bike.
7. No outside assistance will be allowed in the transition area.
8. No littering. You may not leave anything on the course (i.e. water bottles, gel wrappers, swim caps).
9. You must run or walk your bike out of and into the transition area. You may not ride into transition.
10. You must wear your running race number on the front of your body during the run segment. Your bike number must be clearly visible at all times on your bike. Apply the helmet numbers to the front and both sides of your helmet. Put the number tattoos on your left bicep.

## Bike Rack System

**Racking System Instructions:**  
There are 6 bikes per rack, 3 on each side. 2 racks are shown below.  
Each side has its own label, number sequence and each space is marked with black lines to show where your designated area starts and ends.  
Rack your bike on a spot with a green mark. The spot your left when facing the rack will have a bike racked from the other side so you can use that space for your shoes, helmets, etc (see green area).

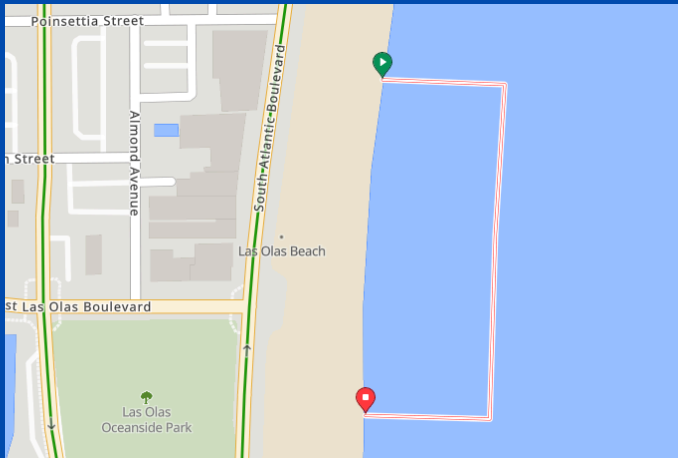
Most athletes will rack by pushing their rear wheel under the bike rack and lifting it up onto the bar. In this case your front wheel will be facing your side of the rack. Racking like this allows you to pull your bike out without your handlebars moving and hitting the surrounding bikes.  
Some athletes' seats are higher than the rack, so they may rack their bikes by putting their handlebars on the bike rack (see grey bike ->).



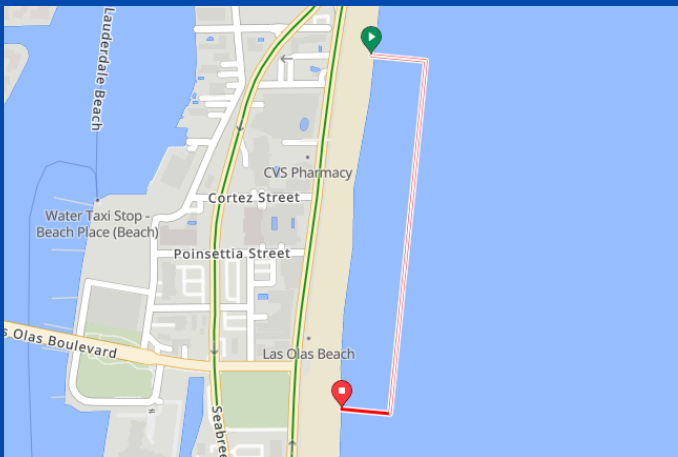
# SWIM COURSE



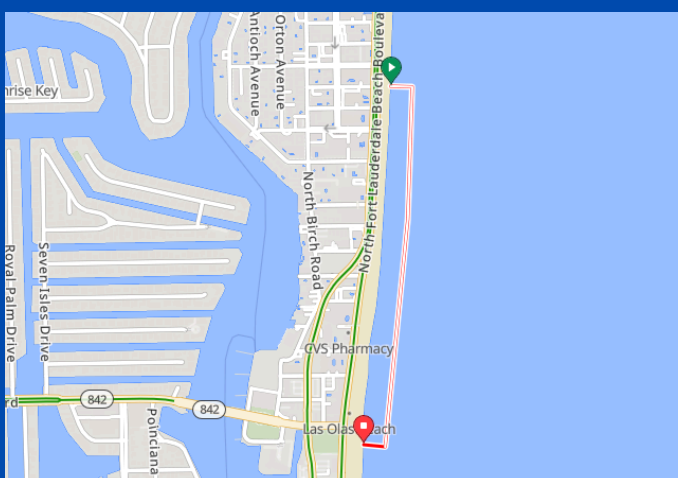
## 1/4 Olympic Swim - 375 Meters



## 1/2 Olympic Swim - 750 Meters



## Olympic Swim - 1500 Meters

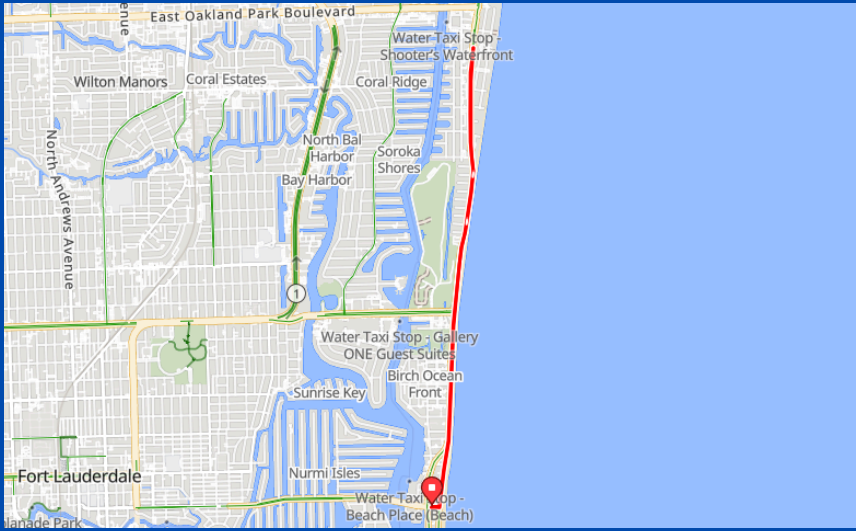


Athletes may transfer to the duathlon at any time if they don't like the swim conditions or just simply change their mind. Don't do the swim if you have any doubt in your abilities or are uncomfortable in any way.

The swim will be 375m, 750m, or 1500m depending on which race you enter. The swim will be a one way swim with the current so may start north OR south of the venue. The swim will end directly across the beach from transition regardless of distance. There will be 3 different starting points depending on your distance.



# BIKE COURSE



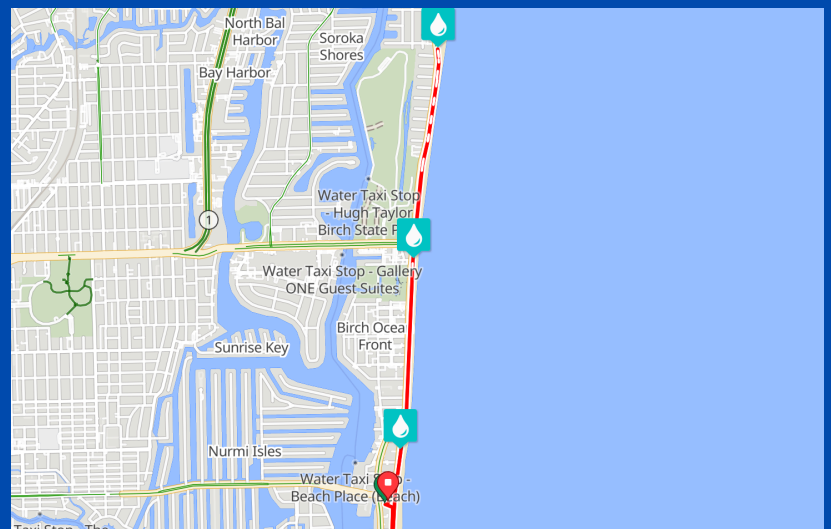
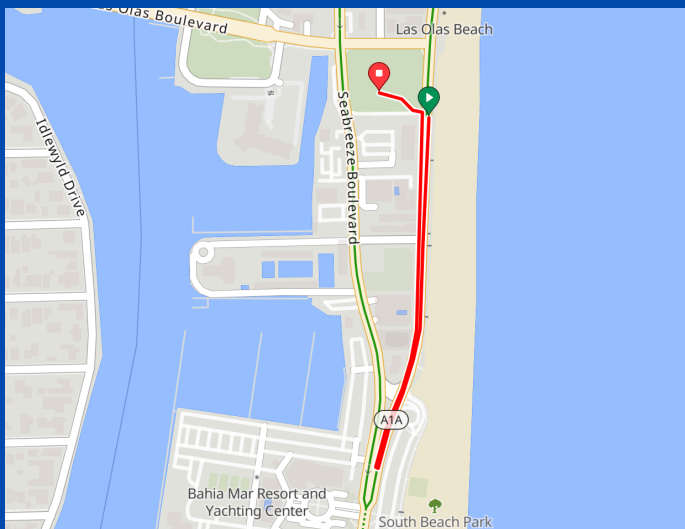
The cycling portion of the Triathlon will take athletes north and south along A1A. 1/4 Olympic racers will ride 1 lap for 10km total. 1/2 Olympic racers will ride 2 laps on the bike for 20km total. Olympic racers will ride 4 laps for 40k total.

# RUN COURSE



Duathletes will complete a 1.1 km run before heading out on the bike course.

1/4 Olympic racers will turn around at the first water station.  
 1/2 Olympic racers will turn around at the 2nd water station.  
 Olympic racers will turn around at the 3rd water station.  
 Runners will go south to the south turnaround, run back north to the north turnaround for their distance, return to the south turnaround, then proceed to the finish line.



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# INTEGRITY 2025 MULTISPORT SCHEDULE



Scan me!

<b>FEB</b>	02/16 FORT DE SOTO	
<b>MAR</b>	03/02 TRI-MIAMI	
<b>APR</b>	04/06 KB HALF 04/13 LAS OLAS TRI	
<b>MAY</b>	05/18 305 TRI	
<b>JUNE</b>	06/01 FORT DE SOTO	
<b>JULY</b>	07/06 TRADEWINDS 07/27 TRI KB	
<b>AUG</b>	08/24 FORT DE SOTO	
<b>SEPT</b>	09/21 TRI KB	
<b>OCT</b>	10/12 SOMO HALF 10/19 FORT DE SOTO	
<b>NOV</b>	11/09 MIAMI MAN	
<b>DEC</b>	12/14 KEY WEST TRI	