



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

Build yours at <http://triathlon.racechecklist.com/>

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Race Name _____ Date _____

Distance Sprint Olympic HIM IM

Distance Time Pace

Swim	Distance	Time	Pace
T1			
Bike			
T2			
Run			

Overall
Age Group

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Race Name _____ Date _____

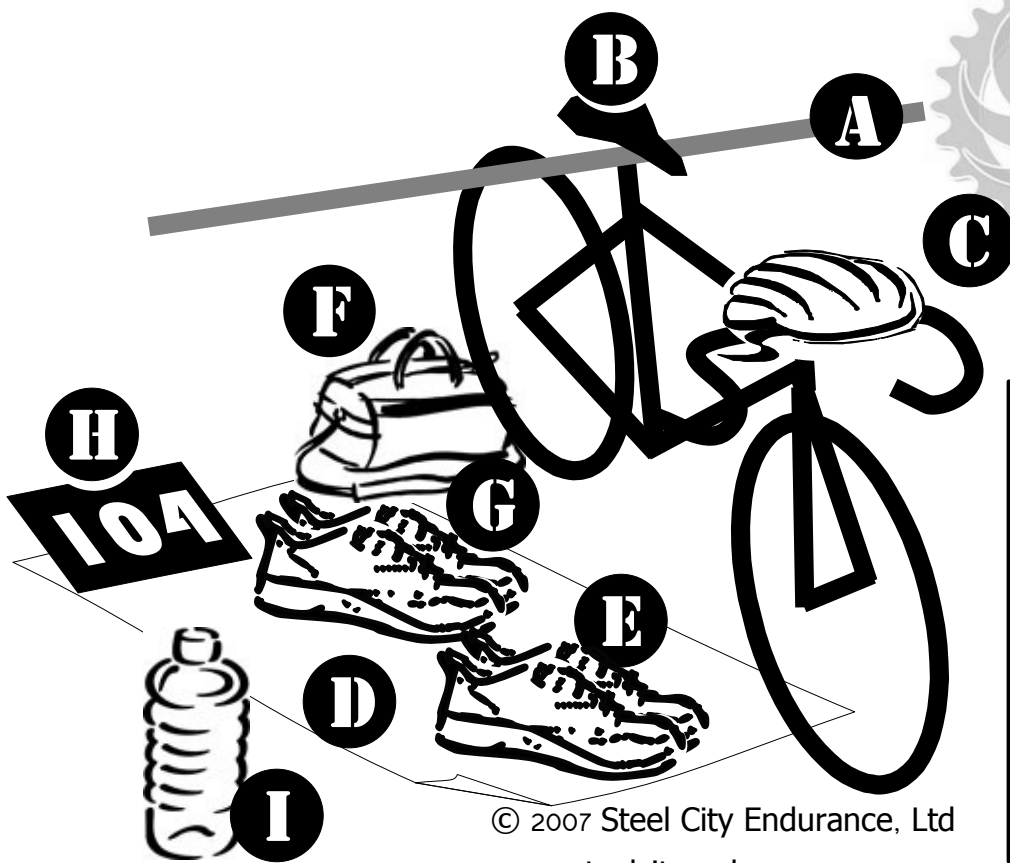
Distance Sprint Olympic HIM IM

Distance Time Pace

Swim	Distance	Time	Pace
T1			
Bike			
T2			
Run			

Overall
Age Group

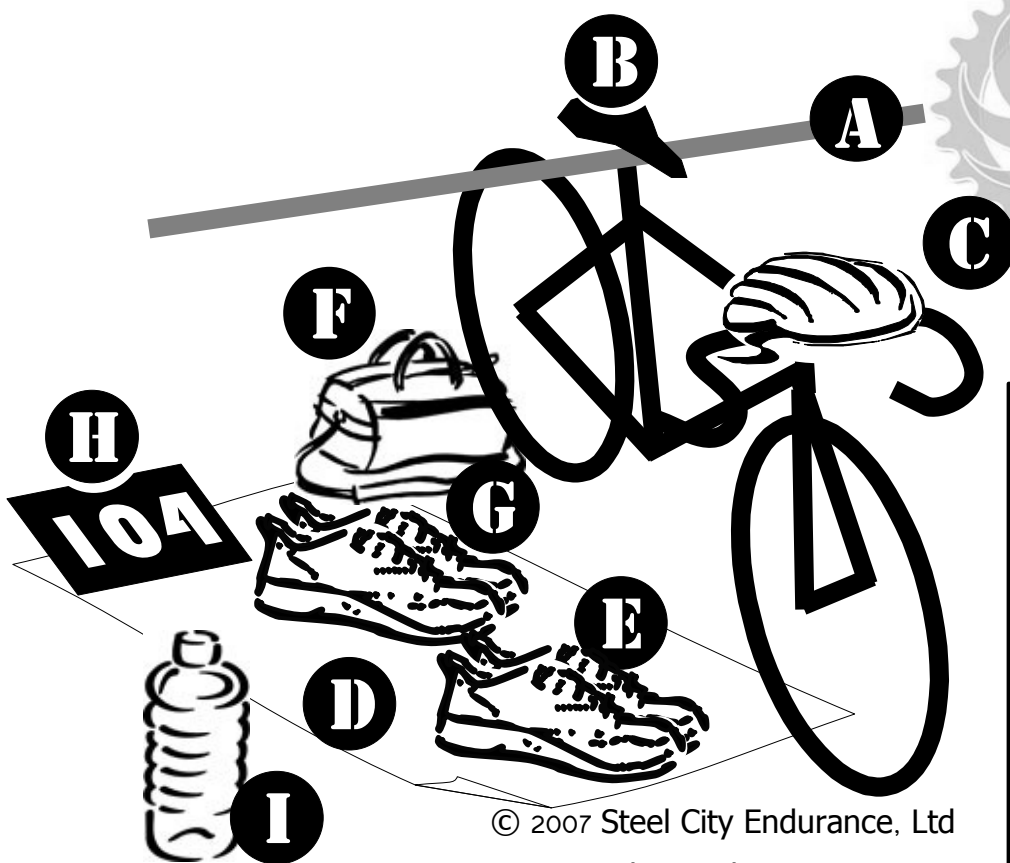
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KEY	
A	Bike Rack
B	Bike
C	Bike Helmet
D	Towel
E	Bike Shoes
F	Duffel Bag
G	Running Shoes
H	Race Number
I	Water Bottle (for washing feet)

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