

How an Indoor Pool Swim Works

You will be seeded into swim groups based upon your expected swim time. This means that, when you register for The Polar Bear Triathlon, you are going to indicate your estimated time. If you don't know your swim time, please do the best you can to guesstimate and then you can go to a pool and time yourself prior and update later. To keep the overall pace of the race flowing, it is *very* critical to be accurate and honest with your swim time before the event. If you need to change your swim time, simply:

Goto TriSignUp.com
Click Sign-in
Put in email and password
Click on Profile
Click on My Registered Race
Click on Polar Bear Race
Click edit/view my registration
Click on Questions tab and update swim time

If you have problems with the above process, please email your updated swim time to info@tri-maine.com

Snake Swim

Swimmers will be seeded into groups. In each group swimmers will start in race number order and from fastest to slowest in their group based on their estimated swim time. The swim will start with Group 1 and those swimmers that take the longest as well as everyone in the 60 and over age groups. One swimmer will start every 10 seconds.

There will be a break of approximately 15 minutes before we start Group 2. Group 2 will be made up of our fastest swimmers and again like all groups during the race go from fastest to slowest estimated swim time with one swimmer every 10 seconds in race number order.

Swimmers will enter the water individually at 10-second intervals. **NO DIVING.** You will swim the length of a lap, then turn on the wall and back down the same lane. When you return to the side you started on you will go under the lane lines any way you choose. Flip turns under the lane lines are allowed but please be aware of those around you. Continue snaking up and down the lanes until you have completed 21 lengths / 525 yards.

Triathlon Pool Etiquette

In a pool swim, there will always be someone in close proximity to you, so please be aware of your surroundings. Expect to experience some contact with other athletes; please be a respectful athlete. Please don't use the rope for turning or maneuvering yourself, you can use the wall. Passing may be necessary. We request that you use a foot tap to allow the swimmer in front of you to know that you would like to pass. If your foot is tapped, please respond by holding up briefly at the next wall to let the swimmer pass by. Please avoiding pass anywhere but by the pool walls.

