

OFFICIAL RACE PROGRAM



TRI-MIAMI TRIATHLON KEY BISCAYNE, FL

TRIATHLON - DUATHLON - AQUABIKE



March 2nd, 2025 | Crandon Park

EVENT SCHEDULE



Event Location - Crandon Park

6747 Crandon Blvd Key Biscayne, FL 33149

Friday & Saturday - Packet Pickup at Mack Cycle

Friday 12 p.m. - 6 p.m. & Saturday 10 a.m. - 4 p.m.

Packet Pickup at Mack Cycle & Fitness **5995 Sunset Dr Miami, FL 33143**. (Please bring your USAT license, QR code, and photo ID to packet pickup)

There will be a Pre-Race Clinic and Q&A Session at Mack Cycle on Saturday March 1st at 1 p.m.

Sunday - Race Day at Crandon Park

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

6:55 a.m. - Transition Closes

6:45 a.m. - Olympic Triathlon & Aquabike Begin

7:00 a.m. - Intermediate Triathlon Begins

7:15 a.m. - Sprint Triathlon and Sprint Aquabike Begin

7:20 a.m. - Sprint 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- 6:45 a.m.

Intermediate Triathlon- 7:00 a.m.

Sprint Tri & Aquabike- 7:15 a.m.

Sprint Duathlon - 7:20 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+

Parking

Pay for parking is required via the popular "PayByPhone" parking fee payment app, downloadable from a mobile device. Go to paybyphone.com to pay or scan the QR code.



Award Times

9:10 a.m. - Aquabike Awards

9:20 a.m. - Sprint Duathlon Awards

9:40 a.m. - Sprint Triathlon Awards

10:00 a.m. - Intermediate Triathlon Awards

10:15 a.m. - Olympic Triathlon Awards

Cutoff Times

8:47 a.m. - Bike lap cutoff

10:05 a.m - Run lap 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 sprint 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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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://tri-miami.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.



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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 gray bike ->).

Race Course



Sprint Triathlon

500 Meter Swim | 14 km Bike | 3.3 km Run

Intermediate Triathlon

1000 Meter Swim | 27 km Bike | 6.7 km Run

Olympic Triathlon

1500 Meter Swim | 40 km Bike | 10 km Run

Sprint Duathlon

1 km Run | 14 km Bike | 3.3 km Run

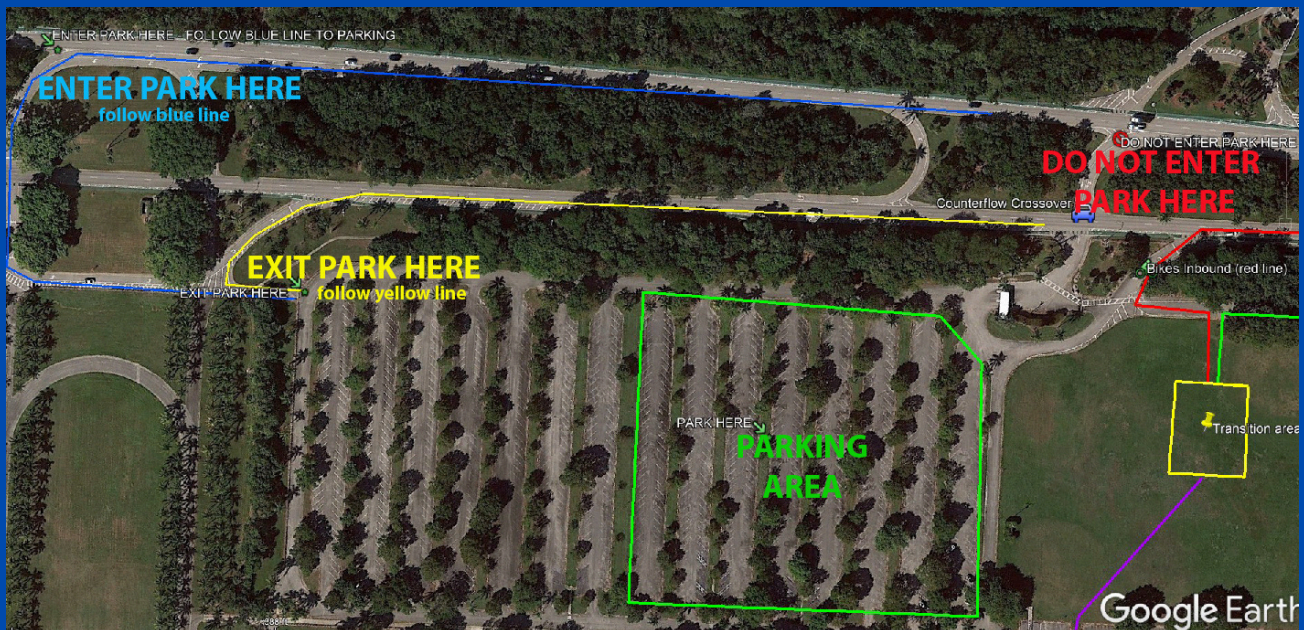
Sprint Aquabike

500 Meter Swim | 14 km Bike

Olympic Aquabike

1500 Meter Swim | 40 km Bike

Venue Layout:

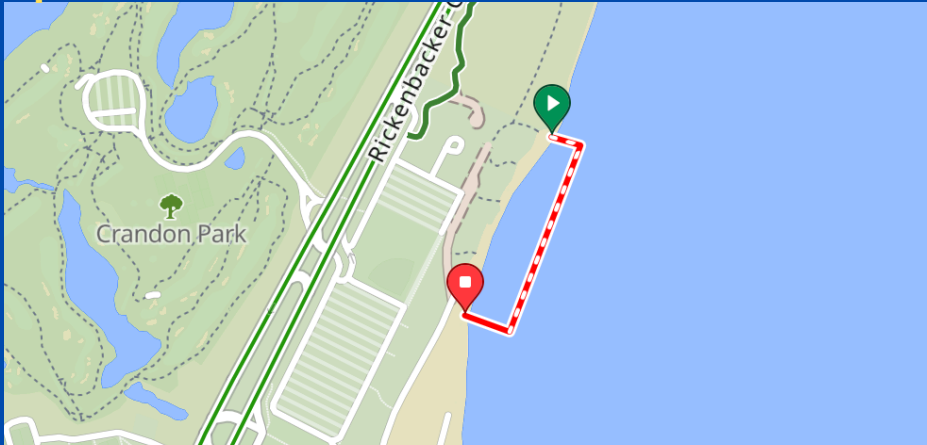


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Swim Course



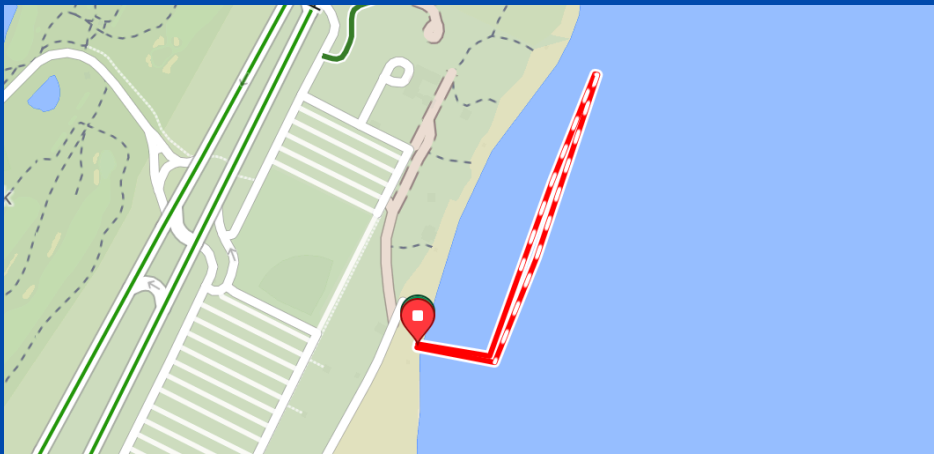
Sprint Swim - 500 Meters



Participants must keep the buoys on their right at all times.

Sprint racers will swim straight south to the finish line.

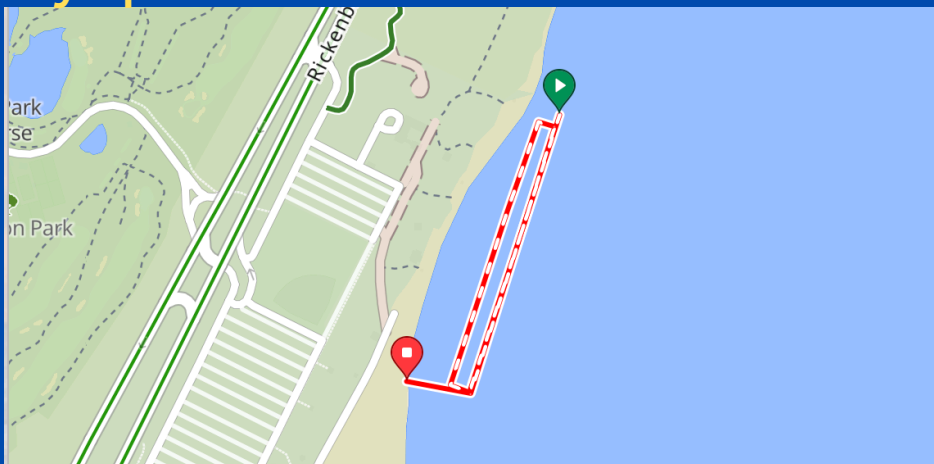
Intermediate Swim - 1000 Meters



International racers will start near the swim exit, swim north then back south.

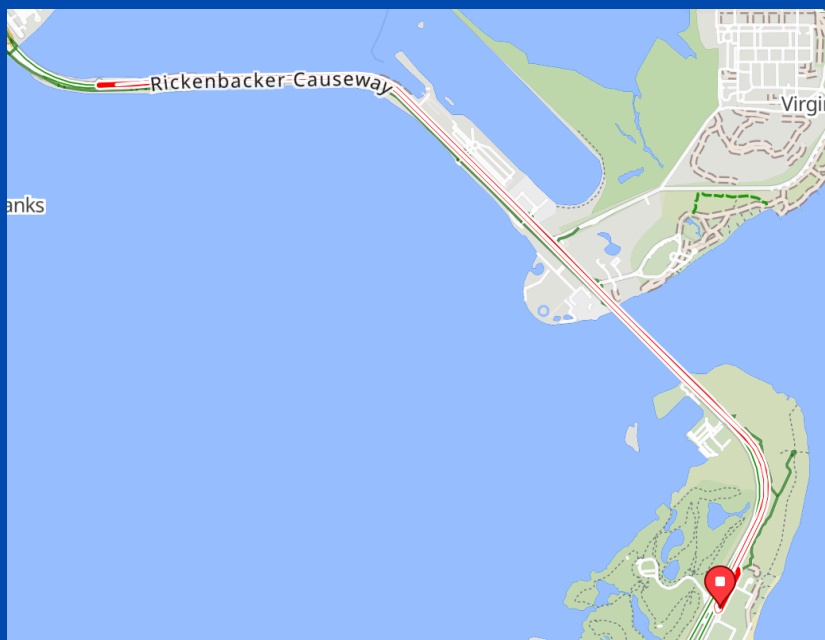
Olympic racers will swim south, back north, then back south again to get 1500 meters.

Olympic Swim - 1500 Meters



We cannot swim out further into the ocean as it is too shallow. There is a 500 meter long channel that we swim in, thus the course design.

Bike Course



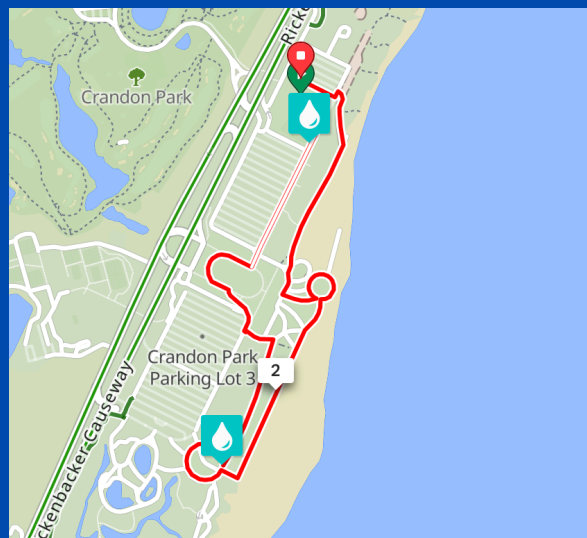
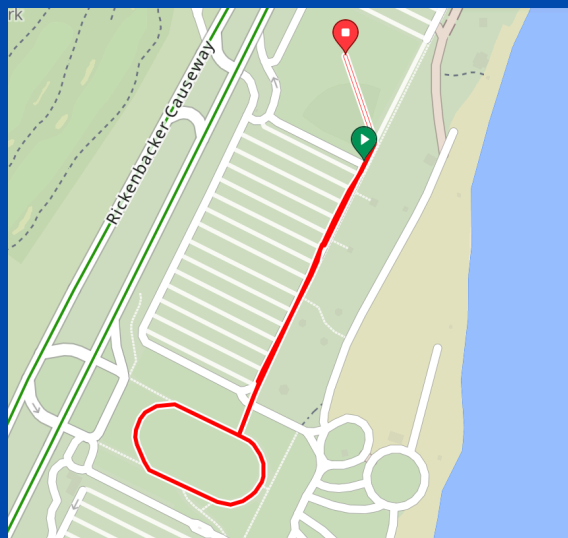
The cycling portion of the Triathlon will take athletes down and back along the Rickenbacker Causeway with amazing views of the Miami City Skyline from the top of the William Powell Bridge. This course is the favorite training ground of all local triathletes. All bike traffic will stay on the outbound lane of the causeway which will be closed to vehicular traffic. Vehicular traffic will be diverted to the inbound lane. Sprint racers will ride 1 lap on the bike. Intermediate racers will ride 2 laps. Olympic racers will ride 3 laps.

Run Course



Duathletes will complete a 3/4 mile run before heading out on the bike course. This will start at the Southeast corner of the field. Look for the Duathlon Start flags.

Sprint racers will enjoy a scenic 3.3 km run course with beautiful views of the beach. Intermediate racers will run 2 laps. Olympic racers will run 3 laps.



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INTEGRITY 2025 MULTISPORT SCHEDULE



Scan me!

FEB

02/16 FORT DE SOTO



MAR

03/02 TRI-MIAMI



APR

04/06 KB HALF

04/13 LAS OLAS TRI



MAY

05/18 305 TRI



JUNE

06/01 FORT DE SOTO



JULY

07/06 TRADEWINDS

07/27 TRI KB



AUG

08/24 FORT DE SOTO



SEPT

09/21 TRI KB



OCT

10/12 SOMO HALF

10/19 FORT DE SOTO



NOV

11/09 MIAMI MAN

DEC

12/14 KEY WEST TRI

