

# Ames Triathlon Timeline

## 6/28/2026

### Timeline overview:

#### Saturday 6/27/2026

- 7pm - 10:30pm - (or time frame allow by P&R) Transition setup in north parking lot

#### Sunday 6/28/2026

- 5am – transition area setup in park
- 6am – registration and transition area open to athletes
- 6am – swim buoys are placed in the water
- 7:20am - water safety in place for warm ups
- 7:20am – Swim warm up begins
- 7:40am – Swim warm up ends
- 7:40am – Pre-race meeting and announcements
- 7:50am – Para Triathlon event starts(or para triathlon will start at the end) ● 8:00am – First Age group athlete starts with one person starting every 3-7 seconds after that ● 8:07am - First swimmer exits the water - estimated
- 8:30am - Last swimmer exits water and all bikes on the road - estimated
- 8:43am - First bike returns - estimated
- 9:02am – First finisher - estimated
- 10:00am – Last bike enters park - estimated
- 10:50am – Last Finisher - estimated
- 10:50am – or after last person finishes Awards Ceremony
- 11:15pm-12:30pm tear down and clean up (Typically gone before noon)

### Medical Plan:

Ambulance on site stationed near boat ramp  
Mary Greeley notified of event

### Swim course:

**Distance:** 750 meters

**Agencies:** Ames Fire Dept, Story County Sheriff Dive Team

**Lifeguards:** 1 Lifeguard per 25 swimmers in the water

**Communications:** Cell phone, and radio channel determined by Law enforcement &

**Fire Timeline (estimated on 300 athletes start 2 ppl on average 5 seconds apart):**

8:00 AM – First swimmer starts

8:07 AM – First Swimmer out

8:15 AM – All swimmers in the water

8:40 AM – Last swimmers out of the water

- Course layout and start method
  - Triangle shaped swim course (prevents cross over collisions among swimmers)
  - Two turns on course are marked with 5.5 ft tall tetrahedron swim buoys
  - Boat ramp entry and exit
    - Boat ramp covered with carpet to protect bare feet
    - 4 foot tall channelizer cone with weight to mark edge of ramp so athletes know where the ramp ends and they should push off on entry and put their feet down when exiting
    - End of boat ramp checked for debris
  - Time Trial swim start – 1 person starts every 3-7 seconds
    - Allows control of the number of people on course to ensure safety ratios
    - Swimmers don't have to negotiate other swimmers trying to enter at the same time
    - Staging will be just east of the boat ramp
- Water quality
  - We will depend on water testing by Iowa State University and/or the Iowa Dept of Natural Resources to determine if the water quality is safe for swimming
- Pre-race meetings
  - Race announcements and no Swimming posted at boat ramp during the week leading up to the race
  - Rules and safety measures communicated to participants and volunteers via pre-race safety meeting, pre-race email, website, or other communication.
  - Race day meeting for volunteers and water course personnel.
    - Update on weather and water conditions
    - Review communications plan
    - Review flag system
  - Race day meeting for participants
    - Update on weather and water conditions
    - Review rules and course
    - Review flag system
    - Answer any remaining questions
- Categories of water safety
  - Kayaks, canoes capable of supporting operator and one other person
    - Stay on route to keep swimmers on course and provide a resting point for tired swimmers
    - Also, notify evacuation boats of emergencies and exhausted swimmers
    - As the majority of the participants finish the few remaining swimmers will have a higher ratio of support craft to swimmers

- Evacuation boats (motorized boats - primarily Ames FD and Story Co. Dive Team)
    - Responsible for assisting Kayaks, skis, and canoes in removing swimmers from the water
    - Evacuation boats should only return medically needy swimmers to shore and not swimmers who are just tired in order to maintain coverage
    - Assist in closing swim course in case of weather or emergency
    - Evacuation boats will have red flags to signal course closure if needed
  - Sweeper vessel
    - Follows last swimmer
    - Typically a kayak
  - Escorts
    - Escorts are one support craft to one swimmer
    - As the majority of racers finish support craft will begin to become escorts for the slowest swimmers
    - Inefficient swimmers or tiring swimmers will often have as coverage allows
  - Lifeguards in motorized vessels, canoes, on shore, or in other water vessels
- Communications
    - Boat Ramp is staging/setup area
    - Radio/Cell phone communication to
      - Race director Alex (cell 515-450-1751)
      - Swim Safety coordinator: TBD
      - Ames Fire: TBD
      - Story Co Dive Team: TBD
    - Canoes, ski, kayaks should have whistle or air horn to alert evacuation boats of a swimmer that needs to go to shore or be picked up
  - Chip timing and tracking
    - All participants will be required to wear a timing chip on their person
    - All participants will cross a mat prior to entering the water so we know who went in the water and started the race
    - Rescue personnel and participants will need to be certain to notify race officials if they drop out or do not finish the race to prevent a false missing swimmer event
    - We will be able to reference the chip reads to determine if a swimmer entered and/or exited the water
  - Transition Bike Check
    - Once the last swimmer exits the water and the transition area there should be a period of time where there are no bikes in the transition area
    - If a bike remains in transition area after the last swimmer exits the water the swim director and/or transition director should determine what the race number is of the bike(s) left in transition.
      - This race number should be compared with any people that were reported to have dropped out of the race or quit early
      - If the race number is not linked to a person known to have dropped out of the race their name should be announced on the PA system
      - Simultaneous to announcing the name over the PA system the participant's phone number should be tracked down from the Race Director or Race Timer and the Swim

- Director should attempt to call that person.
- The race timer should also check to see if that timing chip was handed out on race morning and if so were there any chip reads at the swim course timing mat that would indicate they entered the water.
- If the above steps are unable to locate or determine if there is a missing swimmer discuss starting a missing swimmer incident with Ames Fire and Story Co Dive Team leaders.
- Missing swimmer Incident
  - If it is determined there is a missing swimmer the swim course will be closed
  - Closed course will be signaled via red flags, PA Announcements, and cell/radio communication
  - Ames Fire Dept and Story County Dive Team will be in charge of any missing swimmer incident

## SWIM COURSE MAP:



### **Bike Course:**

Distance: 15 miles

Agencies: Ames Police Dept, Story County Sheriff

Communications: Cell phone, APD, SCSO

### **Timeline (estimated):**

8:08 AM – First Biker starts

8:30 AM – Last Biker leaves AHHP

8:43 AM – First Biker returns to AHHP

10:00 AM – Last Biker returns to AHHP

Fastest Pace: 26.8 mph

Slowest Pace: 10 mph

**Intersections with estimated times:**

Bloomington @ Stange

First person: 8:12 AM

Last person: 8:42 AM

GW Carver @ Cameron School Rd

First person: 8:15 AM

Last person: 8:54 AM

Cameron School Rd @ R38

First person: 8:20 AM

Last person: 9:03 AM

R38 @ E23(170<sup>th</sup>)

First person: 8:25 AM

Last person: 9:20 AM

E23(170<sup>th</sup>) @ GW Carver

First person: 8:30 AM

Last person: 9:32 AM

GW Carver @ W 190<sup>th</sup> St.

First person: 8:34 AM

Last person: 9:44 AM

W 190<sup>th</sup> St. @ Grand Ave

First person: 8:39 AM

Last person: 9:55 AM

Return to park

First person: 8:43 AM

Last person: 10:00 AM

**Bike Turn by turn directions:**

- Starting in AHHP north parking area near boat ramp
- Exit from park turning south on shoulder of Grand Ave
- Slight right on to Dawes Dr.
- Turn right (west) on Top-O-Hollow Rd
- Merge on to Bloomington Road (continue West)
- Turn right (north) Blooming curves to the north becoming George Wash. Carver Ave
- Turn left (west) on Cameron School Road
- Turn right (north) on R38
- Turn right (east) on 170<sup>th</sup> Street
- Turn right (south) on George Wash Carver Ave
- Turn left (east) on W. 190<sup>th</sup> St
- Turn right (south) on to should of Grand Ave
- Turn right (west) to enter park and return to transition area in north parking lot of AHHP

**Bike Traffic Plan – signs and volunteers**

- Bike route starts in AHHP north parking lot and exits south on to the shoulder of Grand Ave.

- Grand Ave @ Dawes Dr
  - Cones w/arrows showing biker to turn right
  - Volunteer with safety vest to reinforce right turn
- Dawes @ Adams St.
  - Adams St. EB - Caution Event in progress
- Top-O-Hollow Rd @ Roy Key
  - Roy Key NB - Caution Event in progress
- Top-O-Hollow Rd @ Calhoun Ave.
  - Calhoun Ave. SB - Caution Event in progress
- Top-O-Hollow Rd @ Hoover Ave.
  - Hoover Ave. SB and NB - Caution Event in progress
- Top-O-Hollow @ Bloomington Rd.
  - Cones preceding intersection to get west bound car traffic to move to the middle lane and separating the two lanes for 50-100ft past the intersection
  - Cones directing with arrows directing cyclists to turn right heading west on Bloomington ○
- Potentially CSO vehicle with directional stick to get cars to move over east of the intersection ●
- Bloomington @ Fletcher Ave.
  - Fletcher NB and SB - Caution Event in progress
- Bloomington @ Eisenhower Ave.
  - Eisenhower NB and SB - Caution Event in progress
- Bloomington @ Hyde Ave
  - Hyde NB and SB - Caution Event in progress
- Bloomington @ Stange Rd
  - Ames Police control intersection
  - Traffic lights set to flash red
- George Washington Carver Ave @ Chilton Ave
  - Chilton Ave SB – Caution Event in Progress
- George Washington Carver Ave @ Valley View Rd
  - Valley View Rd SB – Caution Event in Progress
- George Washington Carver Ave @ Harrison Rd
  - Harrison Rd WB – Caution Event in Progress
- George Washington Carver Ave @ Weston Dr
  - Weston Dr. WB – Caution Event in Progress
  - Weston Dr. EB – Caution Event in Progress
- George Washington Carver Ave @ Cameron School Road
  - Sheriff controls intersection
  - 2 directional arrows - Cyclists turn left (west) on Cameron School Road
- Cameron School Rd @ North Dakota
  - Caution Event in progress
  - Possible volunteer location
- R38 @ Cameron School Rd
  - Sheriff controls intersection
  - 2 directional arrow right turn (north)
- R38 @ E23 (170<sup>th</sup> St.)
  - Sheriff controls intersection

- 2 directional arrow right turn (east)
- E23 @ George Washington Carver Ave
  - Sheriff controls intersection
  - 2 directional arrow right turn (south)
- George Washington Carver @ W 190<sup>th</sup>
  - Sheriff controls intersection
  - 2 directional arrow left turn (east)
- W 190<sup>th</sup> @ Grand Ave
  - DOT Sign North of the intersection facing south bound car traffic warning of bikes on the shoulder
  - 4 ft tall channelizer traffic cones on the line separating the shoulder and traffic from W. 190<sup>th</sup> to Park entrance
  - 2-4 right arrows tell cyclist to turn right (south)
  - 1 Volunteer with safety vest ensuring cyclist turn on to the shoulder
  - W 190<sup>th</sup> - Slow down sharp turn ahead sign approx. 200ft prior to intersection with Grand Ave.
- Park entrance
  - 1 volunteer with safety vest
  - 2-4 cones with right (west) turn arrows

## BIKE COURSE MAP



## Run Course:

Distance: 3.1 miles

Agencies: Story Co ARES and Volunteers

Communications: Cell phones, and SCSO

## Timeline (estimated):

8:44 AM – First Runner starts

10:02 AM – Last Runner starts

9:02 AM – First Finisher

10:50 AM – Last Finisher

Run course is contained in Ada Hayden Park and is 5k/3.1 miles. The race will use all paved bike trails on the establish figure 8 course(course map below).

- All turns on the trail will utilize 18 inch tall orange traffic cones with a directional arrow(s) attached to the top of it. We typically place two cones with signs per turn.
- Yard signs with step in stakes can be used if better suited for a particular area
- No paint, chalk, or other marking will be placed on the pavement
- Signs will not be attached to trees
- 2 volunteers one at the pedestrian bridge (one east and one west) to assist runners as needed
- Water station at half way point (southeast corner of lake near southern restroom/Dawes/Calhoun Park)

## RUN COURSE MAP:



## Transition Area:

- Portable bike racks 10ft long each holding 6 bikes (34 bike racks estimated for 200 people)
- Paratriathlon area left open to allow for handbikes or other para-equipment
- Fabric fencing around the bike racks to separate athletes from spectators

## TRANSITION AREA COURSE MAP:



## Weather Plan:-

The event will occur rain or shine however not in severe weather for example lightning/thunder, thick fog, and/or tornado warning.

The race director will be in charge making any weather related decisions on race day and located near the north parking area in Ada Hayden Park. NWS, online weather applications, on course spotters, law enforcement will be available to consult on weather conditions concerning race day weather decisions.

Weather contacts for race day:

NWS contact: 515-270-4501

Secondary: 800-759-9276

Pre-race:

If lightning, thunder, or thick fog is detected at the transition area the race will be delayed 15 minutes after the last lightning strike is seen, thunder is heard, or fog clears. After 1.5 hours of delay the race will consider postponement or cancellation. Shelter options on the bike course will be determined prior to race day. Updates will be communicated to athletes via PA System if possible. If athletes are sheltering in their cars due to precipitation electronic communications such as email and/or facebook will be used if possible.

During the race:

Pre-determined locations for shelter will be determined and communicated to key race volunteers and coordinators on the bike course. Communication will be handled through Cell phone, and/or Police/Fire/EMS radios.

Athletes in the park can shelter in the park shelter or in vehicles

Athletes outside the park can shelter at:

- The Plex Gymnasium corner of GW Carver and Cameron School Road