



Pairs Event 3 “Watering Hole”

For Time:

150/120 calorie Airdyne

650 yard swim

Points Available: 200

Time Cap: 12:00

Event Flow

Athletes will start by accumulating 150/120 calories on the Airdyne. One athlete works, one rests. Athletes may alternate who is working and who is resting however they'd like. One athlete may enter the pool while the other finishes out their calories on the bike. Once the prescribed number of calories have been completed, one athlete may begin swimming. Event 3A score is the split time when the Airdyne calories AND 50 yards (one lap) have been completed in the pool.

Event 3B begins right when event 3A ends. There is no rest or transition time between events. Once the first 50 yards (1 lap) have been completed, both athletes may swim simultaneously within their lane for the rest of the event. Time for event 3B stops when a total of 650 yards (13 laps) have been completed.

Movement Standards

Athletes may adjust the seat of the Airdyne before and/or during the event, but may not touch the monitor at any time.

For the swim, one athlete must clearly touch the pool deck on the south end of the pool (same side you start on) at the end of event 3A (after the first lap is complete) AND after the final lap is complete. For all other laps, a touch of the wall with either hand, both hands, or feet is permitted (flip turns are acceptable). If an athlete uses the side of the pool, the lane dividers, or the bottom of the pool for assistance at any point, that lap will not be counted (an inadvertent touching of the poolside or lane divider will not warrant a no-rep). Enforcement of the “no-walking” rule will be up to the judge. If your feet touch the ground anywhere on the lane line at the bottom of the pool, that lap will not count. Athletes may not “share” or “split up” partial or half laps. If an athlete finishes half a lap or more but less than a full lap at the time cap, he or she will receive credit for the half lap.

Scoring

Event 3 is scored as two separate events. Event 3A is the split time when pairs have completed the prescribed number of calories on the Airdyne plus 50 yards (1 lap) in the pool. Event 3B is the total time of completion. To complete event 3B, both athletes must finish on the same end of the pool as they started. Ex: If one athlete completes 7 ½ total laps and the other finishes 6 ½ total laps at the time cap, their score will be 12:01. To record a finish time, both athletes must finish at the start end of the pool. Both event 3A and 3B are worth 100 points. Time cap is 12:00.