USA TRIATHLON

Course Timeline Calculator

Race Director Walkthrough

Know when athletes reach every checkpoint, and brief every volunteer

When will athletes get here?

Every volunteer, officer and medic on your course needs the answer. The calculator gives it to you for every checkpoint.

Road closures

Close before the first athlete. Reopen after the last.

Staff scheduling

Set call times for every volunteer and officer post.

Safety resources

Cover your busiest windows with medical and bike support.

COURSE TIMELINE CALCULATOR

Project athlete arrival times at course checkpoints

HOW TO USE THIS CALCULATOR

Enter your race start times, course distances, and expected pace ranges. Add named checkpoints at specific distances from the start of the bike and run legs to see exactly when the fastest, median, and slowest athletes will reach each one. Use this for planning road closures, staff scheduling, and safety resource deployment.

RACE CONFIGURATION

RACE START

First Wave Start Time

07:00 AM

Last Wave Start Time

07:40 AM

COURSE TIMELINE RESULTS

PRINT

FASTEST FINISH	MEDIAN FINISH	LAST FINISH
8:06 AM	8:41 AM	10:16 AM
1h 7m total	1h 41m total	2h 36m total

SWIM

SWIM - 750 METERS

Race Configuration on the left. Course Timeline Results on the right.

Three parts, one plan

1

Race Configuration

Start times, distances, paces and checkpoints

2

Course Timeline Results

The arrival window at every checkpoint

3

Volunteer Navigation & Notes

A printed briefing sheet for every post

1 Race Configuration: Race Start

First Wave Start Time

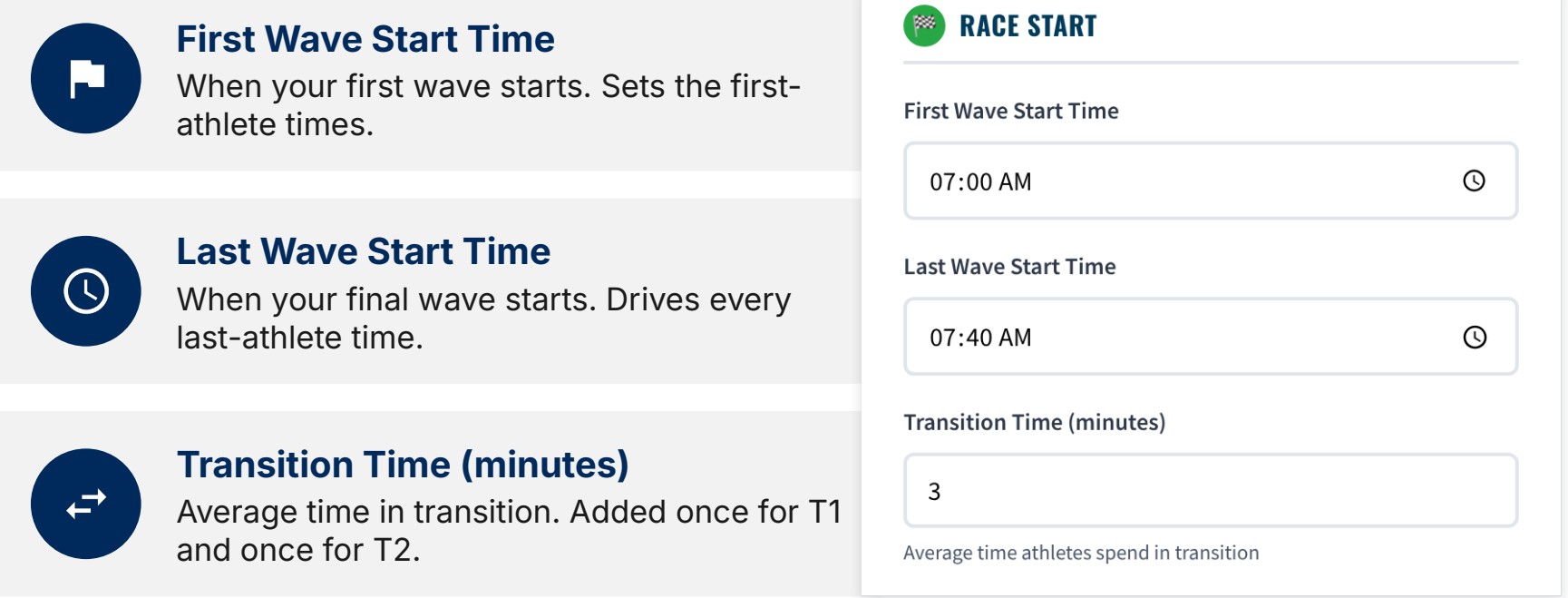
When your first wave starts. Sets the first-athlete times.

Last Wave Start Time

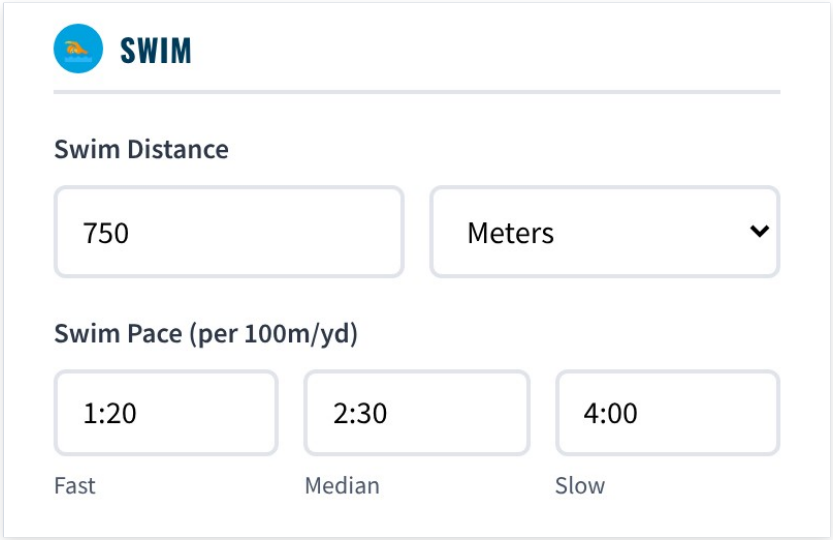
When your final wave starts. Drives every last-athlete time.

Transition Time (minutes)

Average time in transition. Added once for T1 and once for T2.



1 Race Configuration: Swim



Distance + unit
Meters, yards or miles.

Pace per 100
Fast, Median, Slow. Enter as m:ss.

Be honest with Slow
Base it on your slowest past finishers, not a guess.

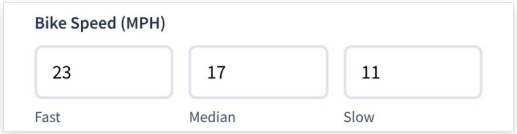
1 Race Configuration: Bike & Run

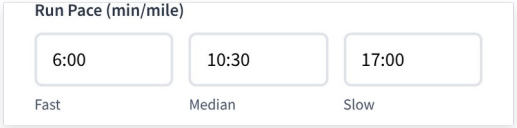
Bike

Distance in miles or km. Speed in MPH: Fast, Median, Slow.

Run

Distance in miles or km. Pace in min/mile (m:ss).

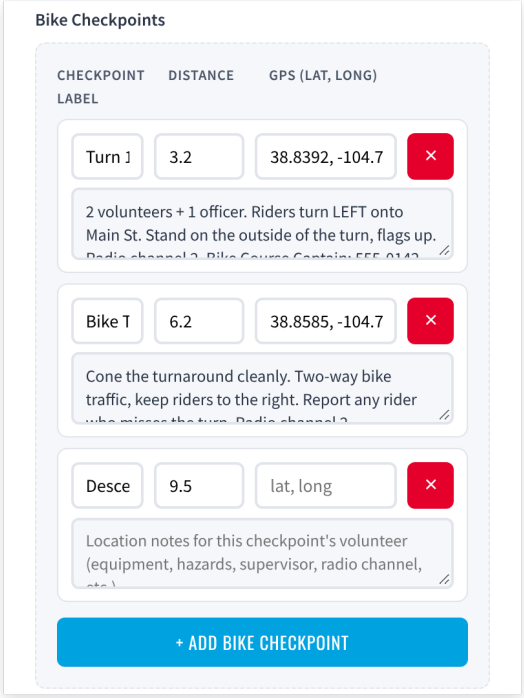




Unit check

Bike speed is always MPH and run pace is always min/mile, even if you set distances in kilometers. Convert before you enter.

1 Race Configuration: Checkpoints



Label
Name it the way volunteers know it.

Distance
From the start of that leg, not the race start.

GPS (lat, long)
Optional. Right-click the spot in Google Maps, click the coordinates to copy.

Notes
Prints on that post's briefing sheet.

2 Course Timeline Results: the summary

FASTEST FINISH	MEDIAN FINISH	LAST FINISH
8:06 AM	8:41 AM	10:16 AM
1h 7m total	1h 41m total	2h 36m total

Fastest Finish

First wave start + fastest paces. Your first finisher.

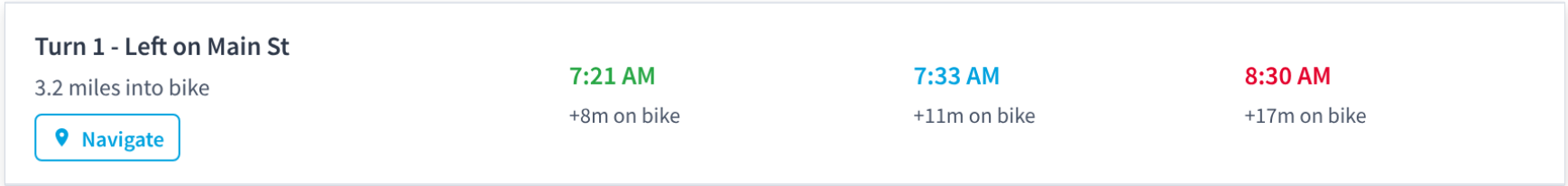
Median Finish

First wave start + median paces. A typical athlete.

Last Finish

Last wave start + slowest paces. How long crews must stay.

2 Reading each checkpoint row



Fastest

First athlete arrives. Post staffed and road closed by now.

Median

The bulk of the field. Your busiest stretch.

Slowest

Last athlete from the last wave. Nobody leaves before red.

"+8m on bike" = time elapsed on that leg when they reach the checkpoint.

BIKE

BIKE - 12.4 MILES

CHECKPOINT	FASTEST (23 MPH)	MEDIAN (17 MPH)	SLOWEST (11 MPH)
Transition (T1) — Bike Start 0 miles into bike	7:13 AM	7:21 AM	8:13 AM
Turn 1 - Left on Main St 3.2 miles into bike Navigate	7:21 AM +8m on bike	7:33 AM +11m on bike	8:30 AM +17m on bike
Bike Turnaround 6.2 miles into bike Navigate	7:29 AM +16m on bike	7:43 AM +22m on bike	8:46 AM +34m on bike
Descent - Ridge Rd 9.5 miles into bike	7:37 AM +25m on bike	7:55 AM +34m on bike	9:04 AM +52m on bike
Bike Finish (Dismount) 12.4 miles into bike	7:45 AM	8:05 AM	9:20 AM

Turn 1 window: 7:21 AM to 8:30 AM. Staffed before green, held until red.

2 Turn the timeline into a plan

Road closures

Close before green. Reopen after red, once the sweep passes.

Volunteer call times

Well ahead of the first athlete, with travel and setup time.

Safety resources

Cover the busiest windows with medical and bike support.

Build in a buffer

These are estimates. Wind, heat, hills and course changes shift real arrival times.

3 Volunteer Navigation

Navigate button

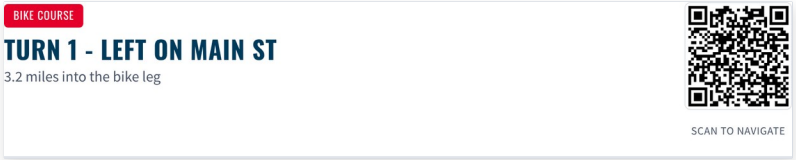
In the results table. Opens Google Maps directions.

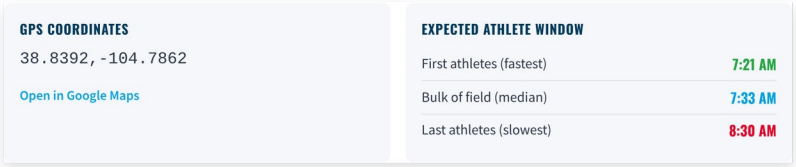
QR code

On the printed sheet. Scan with a phone camera.

GPS coordinates

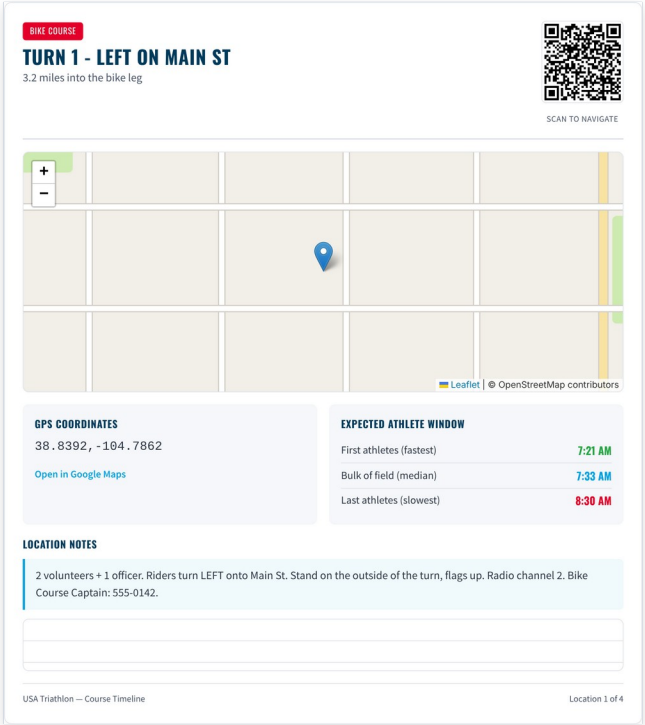
Printed on the sheet for any map app or radio relay.





Only checkpoints with GPS get navigation links and a briefing sheet.

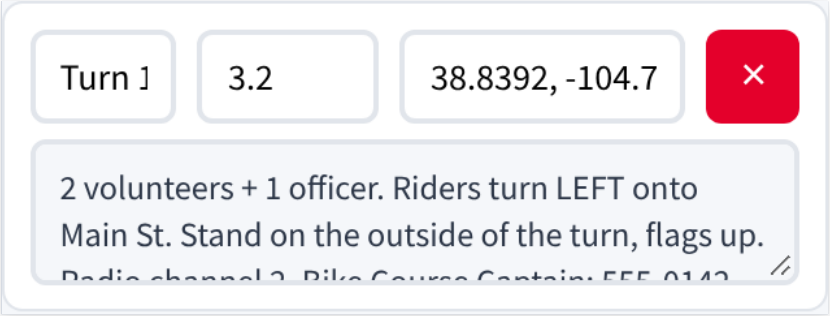
3 Anatomy of a briefing sheet



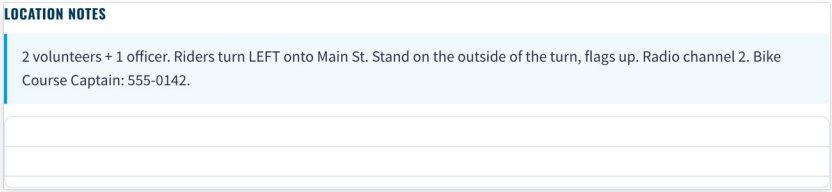
1. **Leg, checkpoint name, distance**
   Where on course this post sits
2. **QR code**
   Scan to navigate
3. **Map + GPS coordinates**
   With an Open in Google Maps link
4. **Expected athlete window**
   First, bulk of field, last
5. **Location notes**
   Your notes plus lines for race-morning updates

3 Write notes volunteers can act on

TYPE IT HERE (checkpoint row)

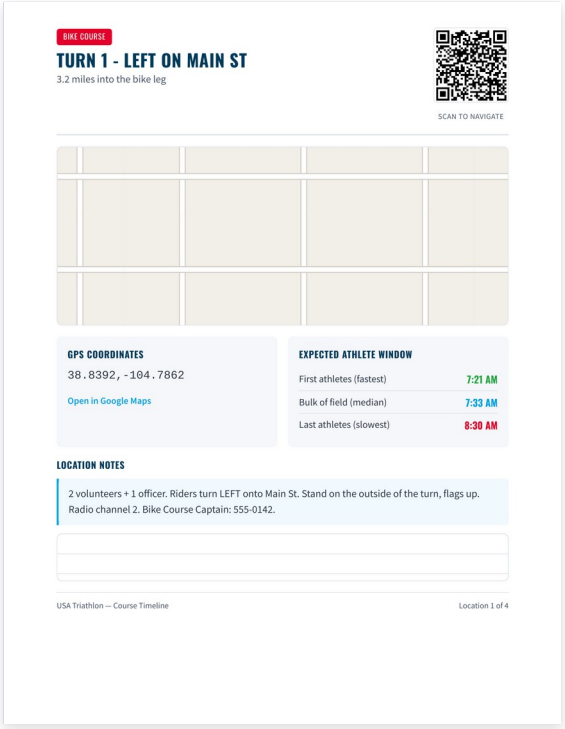


IT PRINTS HERE (briefing sheet)



- **Who's working the post**
- **Direction of athlete travel**
- **Equipment and setup**
- **Hazards to watch**
- **Radio channel + supervisor phone**
- **Where to park**

3 Print one sheet per post


BIKE COURSE

TURN 1 - LEFT ON MAIN ST

3.2 miles into the bike leg

SCAN TO NAVIGATE

GPS COORDINATES

38.8392, -104.7862

Open in Google Maps

EXPECTED ATHLETE WINDOW

First athletes (fastest)	7:21 AM
Bulk of field (median)	7:33 AM
Last athletes (slowest)	8:30 AM

LOCATION NOTES

2 volunteers + 1 officer. Riders turn LEFT onto Main St. Stand on the outside of the turn, flags up. Radio channel 2. Bike Course Captain: 555-0142.

USA Triathlon — Course Timeline

Location 1 of 4

Click Print

Top right of the results panel.

Timeline prints first

Then one page per GPS-tagged checkpoint.

No GPS, no sheet

Add coordinates to every post that needs a briefing. Hand each volunteer their page, face-to-face.

Everyone working from the same plan



Start times



Distances & paces



Checkpoints & GPS



Arrival windows



Navigation



Location notes

Configure · Generate · Print · Brief every post

USA TRIATHLON

Thanks for helping keep our athletes safe

Enter your race. Generate the timeline. Print a sheet for every post.

[Insert calculator link / URL]