

Morden Kids of Steel & 3rd Wave Try-a-Tri and Try-a-Du

Sunday, July 10, 2011

Colert Beach, Morden

SCHEDULE OF EVENTS

7:30 a.m.	Registration / Check-in and Body Marking	
8:30 a.m.	Registration Closes	
8:45 a.m.	Pre race meeting for athletes, held in transition area	[mandatory]
9:00 a.m.	Race start	
10:00 a.m.	Try-a-Tri and Try-a-Du start	

RACE INFORMATION

- Transition area limited to athletes and race officials.
- Athletes must not ride bikes in transition area; must walk or run bike to the mount line and must dismount at this same line on return to transition.
- The Morden Fire Department will be controlling the intersection of the bike course, and both turn around points. The course will not be closed to traffic but there will be warning signs.
- The event takes place at a maintained recreation area. There will be a small fee to enter.
- All participants must wear a CSA, ANSI or SNELL approved cycling helmet.

SWIM COURSE:

- 6 & 7 years - 50 m
- 8 & 9 years - 100 m
- 10 & 11 years - 200 m
- 12 & 13 years - 300m
- 14 & 15 years - 500 m
- Try-a-Tri - 300 m
- Try-a-Du - 2km run

CYCLE COURSE:

- 6 & 7 years - 1.5km
- 8 & 9 years - 5 km
- 10 & 11 years - 5 km
- 12 & 13 years - 10 km
- 14 & 15 years - 10km
- Try-a-Tri and Try-a-Du - 10 km

RUN COURSE:

- 6 & 7 years - 500 m
- 8 & 9 years - 1 km
- 10 & 11 years - 2 km
- 12 & 13 years - 3 km
- 14 & 15 years - 4 km
- Try-a-Tri and Try-a-Du - 3 km

For more information please contact: **Tom Wiebe** at wiebet91@yahoo.com or **Triathlon Manitoba** at 925-5636.

PARENTS OR GUARDIANS MUST ATTEND THE RACE.

TRIATHLON RULES

1. Spectators must not enter the transition area.
2. Triathletes shall not receive any aid from parents, family or friends (unless injured).
3. There will be no drafting on the cycle course. Make sure there are two bike lengths between bikes - on front, side and back, unless passing. Call out to the cyclist that you are passing.
4. Bike regulations, with photos, are posted on the Triathlon Manitoba website www.triathlon.mb.ca
5. Follow instructions from race officials on the course. If a competitor fails to follow the rules of this triathlon, they will be removed from the race.
6. No riding of bicycles in the transition zone. You must get on and off your bike at the dismount line.
7. Follow the rules of the road. Keep to the right. No blocking.
8. Helmets must be properly fastened before mounting your bike and must remain fastened until after dismount.
9. All athletes must have their torsos covered on the bike and run portions of the event.
10. Code of Conduct

TRIATHLETES:

- a) Shall display appropriate behavior while participating in this great sport.
- b) Shall treat other competitor, officials, volunteers and spectators with fairness, respect and courtesy.
- c) Shall not be guilty of misconduct or use abusive language prior to, during, or following the event.

We hope that all participants and their families enjoy this exciting event.

We still need volunteers. If you can help or if you have any questions, please call Triathlon Manitoba at 925-5636.