

DATE: FEBRUARY 25, 2011

2012 POWER SMART MANITOBA SUMMER GAMES

TECHNICAL PACKAGE

SPORT: TRIATHLON

AGE CATEGORY

Open to male and female athletes in the following age categories:

1. 12 and 13 years of age as of December 31, 2012, born in 2000 or 1999
2. 14 to 15 years of age as of December 31, 2012, born in 1998 or 1997

ELIGIBILITY

Participants must meet eligibility rules as outlined in the [General Rules of the 2012 Power Smart Manitoba Games](#)

No other restrictions

COACHES ELIGIBILITY

In order to coach at the 2012 Manitoba Summer Games, all coaches must complete the online Respect in Sport program prior to the start of the Games.

TEAM COMPOSITION

Athletes = 12 per region

3 males and 3 females in each of the two age categories

Staff = 1 coach and 1 manager

- One of whom must be male and one of whom must be female
- Coach/manager must be 18 years of age or over as of January 1st, 2012
- Coach/manager must comply with all requirements in the General Rules of the 2012 Manitoba Games document

Total Team Size = 14

REGIONAL TEAM SELECTION FORMAT

TBA

COMPETITION RULES

The rules of the International Triathlon Union (ITU) and Triathlon Canada's Kids of Steel rules will apply to the competitions both in the regional finals and the provincial finals. Copies of the full rules are available from Triathlon Manitoba. Basic rules are attached in Appendix A.

EQUIPMENT

1. Swim caps are mandatory for lake swims
2. Wetsuits will be allowed for the swim if the water temperature is below 22°C
3. Approved bicycle helmets must be worn during the bike portion of the event
4. A bike safety and regulation check will be performed prior to the provincial finals on the practice day and is encouraged at the regional's
5. Both road bikes and mountain bikes will be allowed

Bike regulations for 12 & 13 year olds, the following equipment is not allowed:

1. Tri bars (aero bars)
2. Clip-on pedals and cycling shoes
3. race wheels (defined as wheels made from a material other than metal and/or having less than 23 spokes and/or having rim depth of more than 2.5cm)

Bike regulations for 14 – 15 year olds, the following equipment is allowed:

1. Tri bars (must be draft legal and comply with ITU and Triathlon Canada Standards)
2. Clip-on pedals and cycling shoes
3. Race wheels

For clarification on any of the equipment rules contact Triathlon Manitoba

COMPETITIVE UNIFORM

Participants must wear the uniforms provided by Sport Manitoba in their competition. Note: for sports where uniforms are not being provided due to the nature of the sport, i.e. figure skating, competitive uniform standards required by the PSO for provincial competitions should be outlined.

OFFICIALS

Minimum certified Triathlon Manitoba Level II officials will be used at the provincial finals.

PROVINCIAL FINAL COMPETITION SITES

TBA

PROVINCIAL FINAL COMPETITION DATES

TBA

PROVINCIAL COMPETITION FORMAT**Individual event**

Age Category	Swim	Bike	Run
12 to 13 years	300m	10km	3km
14 to 15 years	500m	10km	4km

Regional Relay

Format: Teams of three with each individual consecutively completing the whole course after an exchange by their team mate. The final time will be considered from the start of the first team-mate to the last team-mate crossing the finish line.

Team, composition/age groups (as of December 31, 2012):

Category 1 – 12 – 13 years

Category 2 – 14 – 15 years

Category 3 – Open

Each team needs a minimum of 1 athlete from each gender on their team. Up to a maximum of 2 regional teams per age category will be allowed. Exceptions will be considered upon request in the open category to allow for maximum regional participation.

PROVINCIAL TECHNICAL ADVISOR ROLES AND RESPONSIBILITIES

1. Provide sport technical knowledge to all aspects of the Manitoba Games.
2. Assist in the development and understanding of the 2012 Manitoba Summer Games Sport Technical Package and sport schedules.
3. Meet with all Games partners as required.
4. Work with Sport Manitoba Regional staff and the Provincial Host Committee Sport Chairs to ensure successful competitions (i.e. officials, facilities etc.) at the regional and provincial level.
5. Conduct or facilitate athlete, coach and officials development clinics.
6. Be available to attend regional qualifying or team selection events, attend the Provincial Finals, participate in the coaches meeting prior to the final competition and act as the chairperson of the Sport Appeal Committee at the Provincial Finals.
7. Provide a written evaluation following the Provincial Finals.

MEDALS

Individual Event – Gold, silver and bronze medals will be awarded to the 1st, 2nd and 3rd place finishers in the individual competition.

Regional relay event – Gold, silver and bronze medals will be awarded to the 1st, 2nd and 3rd place finishers in each of the three relay categories

Additional information may be obtained
by contacting the Provincial Technical Advisor.

Name: Darren Hemeryck, Executive Director

Address: 145 Pacific Ave

Winnipeg MB R3B 2Z6

Phone Number: 925-5636

Email Address: info@triathlon.mb.ca

Appendix A – Basic Race Rules

1. All participants must wear approved helmets on the bicycle course.
2. Chinstraps must be fastened before removing the bike from the bike rack. Chinstraps must remain fastened until the bike has been returned to the bike rack.
3. Bike regulations as described in the Technical package are in effect. Complete descriptions on rules, with photos, are posted on the Triathlon Manitoba website www.triathlon.mb.ca
4. Participants must rack their bikes in the transition area. No riding of bicycles in the transition zone. You must get on and off your bike at the dismount line.
5. All athletes must have their torsos covered during the bike and run.
6. Drafting on the bike course is not permitted. Make sure there are three bike lengths between bikes - on front, side and back, unless passing. Call out to the cyclist that you are passing and always pass on the left.
7. Participants must conform to the rules of fair play and good sportsmanship.
8. Parental assistance is not permitted on the race course or in the transition area once the race has begun. Any outside assistance may result in immediate disqualification.
9. The Officials may disqualify a participant who is in direct violation of the rules.
10. Follow the rules of the road. Keep to the right. No blocking.