

# 2011 Kids of Steel® Triathlon Series

## *Triple Threat Kids of Steel®*

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<b>DATE:</b>	Saturday June 11
<b>PLACE:</b>	Birds Hill Park East Beach
<b>CHECK-IN/REGISTRATION:</b>	6:45 AM to 8:00 AM
<b>PRE RACE MEETING:</b>	8:05 AM
<b>TRANSITION CLOSES:</b>	8:20 AM
<b>RACE START:</b>	8:30 AM with the 14&15 year age group. We will then work our way down from oldest to youngest.

Birds Hill Park authorities require all competitors to be off the bike course by 10:00 AM. Access to and from the East Beach parking lot will be regulated from 7:00 AM until 10:30 AM. Please follow instructions from the race crew officials.

**BEFORE REGISTRATION:** Drop off your bike, runners, towel, and cycle clothing at the cycle transition area. We will have someone watching the equipment.

**DISTANCES:**

- 6 & 7 years - 50 m swim + 1.5K bike + 500m run (orange band)
- 8 & 9 years - 100 m swim + 5K bike + 1K run (red band)
- 10 & 11 years - 200 m swim + 5K bike + 2K run (blue band)
- 12 & 13 years - 300 m swim + 10K bike + 3K run (green band)
- 14 & 15 years - 500 m swim + 10K bike + 4K run (yellow band)

Heats of the same age group will be split or combined, depending on final numbers of participants. No start will have more than 20 participants. If the water temperature is too cold, the race will be changed to a Duathlon.

This race offers excellent opportunities for spectators to watch their athletes on each part of the course. The transition area is located on a grassy area adjacent to the East Beach parking lot. Bike racks will be marked according to age groups. Athletes are asked to rack their bikes on the appropriate rack. For security reasons, only athletes and their parents will be allowed in transition. Athletes may take a towel and shoes to the swim area. Helmets must remain with the athlete's bike in transition.

Each turn around point on the course will be marked with colored balloons. Athletes will turn around at the point where the balloon color matches their wristband.

**SAFETY:** Volunteers will be at all intersections. Please follow their instructions. The streets will not be closed to traffic. PLEASE be careful. If you have an equipment failure or are unable to finish the race do not leave the event without notifying a race official.

**MISCELLANEOUS:** Water will be available along the running course. There will be recovery snacks for all athletes after the race.

# **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.competitor.com](http://www.competitor.com)
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 925-5636.

*For further information, please go to our website [www.competitor.com](http://www.competitor.com).*