

# 2011 Kids of Steel® Triathlon Series

## *Kids of Steel® Wind-up, Try-a-Tri, & Try-a-Du*

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- DATE:** Sunday September 11, 2011
- PLACE:** Birds Hill Park East Beach
- CHECK-IN/REGISTRATION:** 7:45 AM to 8:45 AM
- PRE RACE MEETING:** 9:15 AM
- RACE START:** 9:30 AM with the Tykes & Trikes. We will then work our way down from oldest to youngest. The Try-a-Tri & Try-a-Du will begin after the youngest have finished their swim.
- BEFORE REGISTRATION:** Drop off your bike, runners, towel, and cycle clothing at the cycle transition area. We will have someone watching the equipment.
- SWIM COURSE:**
- 6 & 7 years - 50 m
  - 8 & 9 years - 100 m
  - 10 & 11 years - 200 m
  - 12 & 13 years - 300 m
  - 14 & 15 years - 500 m
  - Try-a-Tri - 300 m
  - Try-a-Du first run 2 km
- CYCLE COURSE:**
- 6 & 7 years - 1.5 km
  - 8 & 9 years - 5 km
  - 10 & 11 years - 5 km
  - 12 & 13 years – 10 km
  - 14 & 15 years - 10 km
  - Try-a-Tri – 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 – 3 km
- 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. Awards and a BBQ for all athletes will be held after the race.

A Try-a-Tri entry form can be found by following the event link from *Upcoming Events* on our website [www.triathlon.mb.ca](http://www.triathlon.mb.ca)

# **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.competition.mb.ca](http://www.competition.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 925-5636.

*For further information, please go to our website [www.competition.mb.ca](http://www.competition.mb.ca).*