

## 2012 Kids of Steel® Triathlon Series

Triathlon Manitoba is pleased to introduce the 2012 Kids of Steel® Triathlon Series.

Triathlon is a challenging sport that combines swimming, cycling, and running. The series of races is geared towards children between the ages of 6 and 15. The purpose of these races is to introduce young people to the sport of triathlon in a fun, non-competitive, and safe manner.

- Each triathlon consists of a swim portion, a cycle portion, and a run portion.
- Relay teams made up of two or three athletes, each completing one portion of the event, are allowed, and encouraged.
- Each participant must be accompanied by a parent or guardian at the race site.
- The swim is supervised by life guards. Please ensure that your child can handle the swim distance.
- An approved cycling helmet must be worn. Please ensure proper fit.
- For safety reasons, bikes must be the proper size for the child to mount and dismount on their own.
- Prior to race day, a knowledgeable adult or qualified technician should inspect bikes.
- Liquids and fruit will be served after the race to help replenish the young triathlete's body.
- For more information, please see the Kids of Steel® page on the Triathlon Manitoba website at [www.triathlon.mb.ca](http://www.triathlon.mb.ca) or call Triathlon Manitoba at 925-5636.

### Officials

On-course race officials will be present at Kids of Steel® races. Their primary responsibilities are safety and education, but they may issue a disqualification if they clearly believe a triathlete is deliberately swimming/cycling/running in a dangerous manner, exhibiting unacceptable behavior, or deliberately cheating. All other rule violations will be administered in an educational manner. Please listen to the pre-race instructions. Please call Triathlon Manitoba if you are unfamiliar with triathlon rules, or visit the website at [www.triathlon.mb.ca](http://www.triathlon.mb.ca).

## Categories

- 6 & 7** (6 & 7 year old boys; 6 & 7 year old girls):
- 50 metre swim, 1.5 km cycle, 500m run
- 8 & 9** (8 & 9 year old boys; 8 & 9 year old girls):
- 100 metre swim, 5 km cycle, 1 km run
- 10 & 11** (10 & 11 year old boys; 10 & 11 year old girls):
- 200 metre swim, 5 km cycle, 2 km run
- 12 & 13** (12 & 13 year old boys; 12 & 13 year old girls):
- 300 metre swim, 10 km cycle, 3 km run.
- 14 & 15** (14 & 15 year old girls; 14 & 15 year old boys):
- 500 metre swim, 10 km cycle, 4 km run.

The triathlete's age on December 31, 2012 is used to determine the age category.

### Parents Of Steel - Partner:

Parents of Kids Of Steel® triathletes may participate with their very young or inexperienced child for no charge, but may not provide any assistance (e.g. transition assistance, carrying water bottles, setting pace, etc), and must reflect a sense of fair play.

### Awards

Each participant is a winner, and is awarded an official Kids of Steel® participation souvenir. Finishers from 6 to 11 years of age will be listed in the results alphabetically with their time. The first three finishers in the 12 & 13, and 14 & 15 categories will be recognized during the post-race Awards Ceremony. The "no exceptions" rule on racing in an older age category is in effect. Athletes may be permitted to race in a younger age division with permission from the Race Director in the event they are not comfortable completing the distance for their age group. Athletes racing in younger age divisions may not qualify for awards or prizes in the younger age group.

Race series points are awarded in **only** the 12 & 13 categories and 14 & 15 categories at each race based on the order of finish: 1st - 50 points, 2nd - 40, 3rd - 31, 4th - 23, 5th - 16, 6th - 10, 7th - 9, 8th - 8, 9th - 7, ... The points from a triathlete's four best race results are totaled to determine the 2012 Kids of Steel® Race Series Champion in each category. The champions will be announced at the wind-up race in Birds Hill Park on September 9th. In order to win a series prize, athletes in the 12 & 13 categories and 14 & 15 categories need to be *Full Members* of Triathlon Manitoba.

Race results will appear on our website ([www.triathlon.mb.ca](http://www.triathlon.mb.ca)) the day after each race.

## Triathlon Manitoba Membership

All Kids of Steel® participants must have one of the following Triathlon Manitoba memberships.

- A **Kids of Steel® Full Membership** is \$10. It entitles the athlete to all of the benefits of a Full Membership.
- A **Triathlon Manitoba family Full Membership** is \$55.
- A **One-Day Membership** is \$5. After completing one Kids of Steel® event, if you decide to take out a *Full Membership*, we will rebate the \$5 *One-Day Membership* fee towards the cost of the *Full Membership*.

For complete information about membership, please see the Membership page on our website at [www.triathlon.mb.ca](http://www.triathlon.mb.ca).

### Race Entry Fees

Kids of Steel® race entry fees are \$10 per race for an individual participant if you register prior to midnight the Wednesday before a race, or \$15 if you register after. The fees cover race organization, logistics, and supplies. They also provide the participant with a time, participation souvenir, and refreshments after the race. A relay team pays \$15 (pre-registration) or \$21 (race day), and each team member must purchase a Triathlon Manitoba *Full Membership* or *One-Day Membership*. Pre-registration is strongly encouraged to aid with accurate planning for volunteers, food, and participant prizes.

### Registration

Registration forms and the option to register online (just follow the link to EventsOnline.ca from the Kids of Steel® Race Series page) can be found on our website at [www.triathlon.mb.ca](http://www.triathlon.mb.ca). Registration forms are also available at the Triathlon Manitoba office.

## Series Race Dates and Locations

- June 9th**      **Triple Threat – Birds Hill Park East Beach**  
Scott Munn, munnscott@gmail.com
- June 23rd**     **St Malo Provincial Recreation Park**  
Cherrie Fournier, fournier@mts.net
- July 8th**        **Morden - Colert Beach**  
Tom Wiebe, wiebet91@yahoo.com
- July 29th**      **Carman – Kings Park**  
Jack Phillips, jcroxie@mts.net
- August 12<sup>th</sup>**   **T3 Splash & Dash – Winnipeg**  
Ryan Cameron, ryan.cameron@shaw.ca
- August 19<sup>th</sup>**   **Wasagaming – Riding Mountain**  
Deb & Ellis Crowston, rmtri@mts.net
- August 25<sup>th</sup>**   **Pinawa - Pinawa Pool**  
Mark Tinant, mtinant1@mymts.net
- September 9<sup>th</sup>** **Birds Hill Park East Beach - Wind-up  
BBQ and awards**  
Triathlon Manitoba, info@triathlon.mb.ca
- Regional Races:** **June 2nd – The Pas, MB**  
Amber Whitehead, amberw@townofthepas.ca

- The Carman and Pinawa triathlons, and T3 Splash & Dash have a pool swim. The other triathlons have lake swims in shallow water.
- The St Malo, Morden, Carman, and Birds Hill Park Kids of Steel® events also offer a Try-a-Tri race. This is a 300m swim / 10km cycle / 3km run race for anyone over age 12 to try.
- The Triple Threat, St Malo, Morden, Riding Mountain, and Pinawa triathlons are part of triathlon weekends that feature Olympic Distance, Sprint Distance, and/or Try-a-Tri races the previous day or next day. Please see our Events Schedule at [www.triathlon.mb.ca](http://www.triathlon.mb.ca) .

## Minimum Age

The minimum age to participate in a Kids of Steel® event in Manitoba is 6 years as of December 31<sup>st</sup> of the current year of competition. The only exception to this minimum age is where Tykes and Trikes categories (for 5 & under) are offered at an event specifically targeted to the younger participants.

## Multiple Participation Prize

Triathlon Manitoba values participation. To promote this value, all Kids of Steel® athletes who take part in 4 events will be awarded a special prize following their 4<sup>th</sup> event.

## Race Information

Race information packages with details about each race will be posted on our website a few weeks prior to each event.



# Manitoba Series



2012

Triathlon Manitoba is an authorized user of Kids of Steel® owned by Triathlon Canada.