

Youth Triathlon

Youth Age Categories:

Kids 7 to 12 years

Juniors 13 to 17 years

100m swim

5km bike

2km run/walk

Registration: 4:15 p.m.

Race Start: 5:00 p.m.

Adult Sprint Triathlon

350m swim

20km bike

5km run/walk

Registration: 4:45 p.m.

Race Start: 5:30 p.m.

Family Triathlon

100m swim

5km bike

2km run/walk

Registration: 5:15 p.m.

Race Start: 6:00 p.m.

* Duathlon *

18+

5km run

30km bike

5km run

Registration: 4:45 p.m.

Race Start: 5:30 p.m.

Cost

Kids:	\$10/person	\$30/team
Juniors:	\$15/person	(+HST)
	\$45/team	(+HST)
Adults:	\$20/person	(+HST)
	\$60/team	(+HST)

Medals awarded for top three (3) finishers in each category

Rules

- Wet suits are permitted for swimmers.
- Helmets are mandatory for the bicycle leg.
- Participants are not required to ride their bicycle for the complete duration of the bike section but may run/walk with the bicycle.
- A participant may not infringe another participants' performance; doing so can result in disqualification.
- If a participant requires assistance or medical attention it is recommended to get off the course immediately to avoid further injury.
- All participants must complete a registration form.
- All participants must pay their entry fee before the race.
- No Music Electronics permitted (ie. Discmans, Ipods, MP3 Players, etc.).
- Teams must consist of three (3) participants.
- Teams may be co-ed.
- Each team member must be designated to one section of the race and must complete it individually.
- Other team members are not allowed to finish another team member's section.

- When switching events the appropriate team member must physically touch their team member in a designated transition area for the team to continue on with the race.
- Cyclists may not be mounted on their bicycle during the transition with the swimmer.
- Cyclists must be completely dismounted from their bike during the transition with the runner.

The Duathlon is a nice change for those who do not like the swim. This event consists of a run, bike, run format. The route will be similar to the one used for the Triathlon

*** Teams may consist of 2 OR 3 individuals ***

For those who have never competed in a Triathlon or would just like additional information feel free to visit:

* www.beginnertriathlete.com *

This site is great for helping with beginners, transitions and overall training!

If you have any questions or require further information, please contact Tanya Lamon at (705) 856-2244 ext. 240.



Duathlon



Tuesday, August 10, 2010

Dr. Rose's Beach

**Categories for
Youth & Adult
Individual & Team**

