

TRIATHLON

Sponsor: *Famous Dave's BBQ*

- Directors:** Gary Thayne and Jane Lambert
Assistants: Rand McCullough, Joe Bowcutt and Troy Martin
Events: Individual *or* Team
Schedule: Saturday Oct. 13 8:00 am – 1:00 pm
Venues: Start: Sand Hollow Aquatic Center
Finish: Snow Canyon Middle School
Divisions: Individual: 5-Year Age Brackets (see Page 5)
Team: Combined Age (see below)
Sport Fee: \$15 Per Person – Individual
\$5 Per Person Per Event - Team

REGISTRATION RULES

- ◆ Participants wishing to compete in the Team event must organize their own teams prior to registering.
- ◆ Participants must indicate their estimated swim time for 500 yards on their registration form. *There is a qualifying swim time of 20 minutes.*
- ◆ Teams may be all male, all female or mixed.
- ◆ Age divisions for teams are combined ages of 150-169, 170-189, 190-209, 210-219, 220+.

Pre-Race Meeting

8:00 am – 8:45 am - Saturday, Oct. 13 - Sand Hollow Aquatic Center. *Attendance is mandatory!*

FORMAT / RULES

- ◆ Event will be run according to Triathlon Federation / USA competitive rules.
- ◆ Swim–500 Yards; Bike–20K (12.4 miles); Run–5K (3.1 miles).
- ◆ All participants must provide their own bike, helmet, running and swimming gear (except for swim cap).
- ◆ Indoor pool – swim caps are mandatory and will be provided.
- ◆ The *maximum allowable* swim time is 20 minutes. Participants not finished after 20 minutes will be disqualified and must exit the pool without completing the race.
- ◆ Hardshell helmets are mandatory on the cycling leg.
- ◆ No drafting. Cyclists must remain two bike lengths behind, unless passing.
- ◆ Transition area and finish line are on the west side of Snow Canyon Middle School.
- ◆ Race will begin promptly at 9:00 am.
- ◆ Participants must present their HWSG ID Badge at the venue check-in desk between 7:30 am and 8:00 am the morning of the event.

MEDALS

Gold, Silver and Bronze medals will be awarded to the 1st, 2nd and 3rd place winners in each event for each age division. Ribbons will be awarded to the 4th, 5th and 6th place finishers. Medals and ribbons will be awarded at the Sport Sponsor Social.

SPORT SPONSOR SOCIAL (Ticket Required)

Date: Saturday, Oct. 13
Time: 12:30 pm (approximately)
Location: Snow Canyon Middle School

VOLLEYBALL

Sponsor: *WinterCrest*

- Director:** Richard Downer
Assistants: Amer Chand, Judy Higbee, Jo Jeppson and Jim Swaydan

Schedule: SESSION 1

Men and Women – 50+ / 60+ / 70+ / 77+

Friday	Oct. 12	8:00 am	- 9:00 pm
Saturday	Oct. 13	8:00 am	- 9:00 pm
Monday	Oct. 15	8:00 am	- 5:00 pm
Tuesday	Oct. 16	8:00 am	- 5:00 pm

SESSION 2

Men and Women – 55+ / 65+ / 74+

Wednesday	Oct. 17	8:00 am	- 9:00 pm
Thursday	Oct. 18	8:00 am	- 9:00 pm
Friday	Oct. 19	8:00 am	- 5:00 pm
Saturday	Oct. 20	8:00 am	- 5:00 pm

Venue: Dixie Convention Center - Exhibit Hall
Local Schools

Divisions: Men: 50+, 55+, 60+, 65+, 70+, 74+, 77+
Women: 50+, 55+, 60+, 65+, 70+

Sport Fee: \$22 Per Person Per Team

REGISTRATION RULES

- ◆ There are no residency requirements for team members.
- ◆ Age division of team is determined by the age of the youngest player.
- ◆ Teams may 'play down' in a lower age division.
- ◆ Teams must register by August 20 – call HWSG office for forms if you have not already received them.
- ◆ Rosters must be submitted by September 1.
- ◆ Each player must register individually by September 1.
Note: Early-Bird Registration deadline is August 1- \$20 savings!
- ◆ Participants may play on only one team in each Session.
- ◆ Participants who play on two teams (in different sessions) must pay two Sport Fees (\$22 per person for each team).
- ◆ Rule Books and Schedules will be mailed to Team Captains on September 25.

Mandatory Captains Meetings

50+/60+/70+/77+ . **Thursday - Oct. 11–7:00 pm–Dixie Center**
55+/65+/74+..... **Wednesday – Oct. 17–7:00 am–Dixie Center**

FORMAT / RULES

- ◆ USAV rules will govern play.
- ◆ Teams must have uniforms of identical shirts with numbers 1-99 (minimum size: 4" on front, 6" on back).
- ◆ First two days of play will consist of pool play followed by a double elimination championship tournament.
- ◆ Only players who play on a team during pool play will be eligible to play on that same team during the championship tournament.
- ◆ First day pool seedings will be based on previous years' HWSG results wherever possible.
- ◆ Format for pool play matches will be based on the size of the pool.
- ◆ Winners bracket championship matches will consist of 2 out of 3 rally games to 25 points, no cap, win by 2 points.
- ◆ Losers bracket matches will consist of 2 out of 3 rally games to 25 points, cap 28.
- ◆ A full tournament guarantees each team will play a minimum of 8 matches with some teams playing 10 or more.