

TRIATHLON

Director: Todd Watts

Sponsored By

Assistants: Rand McCullough and Joe Bowcutt



Events: Individual or Team

Schedule: Saturday Oct. 11 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 7)
Team: Combined Age (see below)

Sport Fee: \$15 Per Person – Individual
\$5 Per Person Per Event - Team

REGISTRATION RULES

- Event is USAT sanctioned – Annual Licenses (\$39) or Day Permits (\$10) are now mandatory. Purchase annual licenses prior to the Games at www.usatmembership.com or purchase Day Permits prior to the event at the Dixie Center.
- Participants must indicate their estimated swim time for 500 yards on their registration form. There is a qualifying swim time of 20 minutes.
- Participants wishing to compete in the Team event must organize their own teams prior to registering.
- 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. 11 - Sand Hollow Aquatic Center. Attendance is mandatory!

FORMAT / RULES

- Event will be run according to USAT 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 and USAT license (or proof of purchase of their day permit) 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. 11

Time: 12:30 pm (approximately)

Location: Snow Canyon Middle School