



RED LAKE TRIATHLON

Swim-Bike-Run Events:

Iron Kids 9 & Under: 100m/1.5km/500m
(2 categories – 7 & Under and 8-9)

Iron Kids 10-12: 150m/10km/2km

Sprint Distance: 750m/20km/5km
Olympic Distance: 1.5km/40km/10km

All events can be done as an individual or as a team (3/team max.)

START LOCATION:

TOWN SQUARE DOCK
(across from OPP station in Red Lake)

Prizes for Top Finishers

T-Shirt for all Participants

EARLY REGISTRATION FEE

Watch for Registration Details to Be
Advertised

Awards presentation & **Lunch** provided
only for **participants & volunteers**
at Red Lake Community Centre

RULES:

Sprint & Olympic Distance Events:

- Racers **must** report to the **registration** desk between 7:00 a.m. and 7:30 a.m.
- Late Registrations will not be accepted.
- All Racers **must** be present for the **pre-race information session** at 7:45 a.m. in the designated transition area.
- **Race Start Time:** 8:00 a.m.
- All Swimmers must touch each marker of the triangle.
- All Swimmers are allowed to rest on guard boats without penalty.
- All Swimmers must wear a swim cap supplied by the Triathlon Committee (available in race kit or registration table prior to race start).
- No drafting allowed on bicycles (a distance of 5m must be maintained by all cyclists).
- All Cyclists must wear a helmet.
- For Team Competitors, the tag must be done at the start/finish line.
- Only competitors are allowed in the transition area.
- All Cyclists must dismount their bikes prior to leaving & entering the transition area.

Iron Kids Events:

- Racers **must** report to the **registration** desk between 9:30 a.m. & 10:15 a.m.
- Late Registrations will not be accepted.
- **Race Start Time:** 10:30 a.m.
- Recommended that swimmers have Level 4, however life jackets & training wheels are permitted.
- All Swimmers must wear a swim cap supplied by the Triathlon Committee (available in race kit or registration table prior to race start).
- **Only 1 parent/adult will be allowed to assist child at the dock.** Others will not be permitted in designated area.
- All Cyclists must wear a helmet.
- For Team Competitors, the tag must be done at the start/finish line.

ALL DISPUTES WILL BE RESOLVED BY THE TRIATHLON COMMITTEE. DECISIONS MADE BY THE TRIATHLON COMMITTEE ARE FINAL & CANNOT BE APPEALED.

Event Date: Aug 14, 2011

The Triathlon Committee is
looking for **VOLUNTEERS** for
race day....

If you or someone you know is
interested, please give us a call!!

Contact a Triathlon Committee Member
for more information

Or Contact the Red Lake Recreation
Centre at 727-2089

Or visit our Website at
www.red-lake.com/triathlon

TRIATHLON COMMITTEE MEMBERS:

BRITNEY McNAMEE, RACE DIRECTOR
727-2276

JEAN McNAMEE, CHAIRPERSON
735-2689

MICHEL LABONTE, MEMBER
727-2089 (Red Lake Recreation Centre)

ROY SIDDEERS, MEMBER
662-2036

JOSH McDOUGALL, MEMBER
727-3501

MATT LONG, MEMBER
662-3567