

SPORT INFORMATION SHEET



Year: 2017 SPORT: Triathlon

Event Date(s): March 26, 2017

EVENT(S): TRIATHLON

National
Qualifying
Year?
No

Check-in Time: 6:00 a.m. Event Start Time: On-Site Registration: No

LOCATION
(Venue)
The Southwest Valley Regional YMCA
2919 North Litchfield Road
Goodyear, AZ 85395
(on the NE corner of Thomas & Litchfield Road)

AMMENITIES

- ☒ Restrooms
☒ Water
☒ Food

Early Bird Registration Fee(s): \$90.00 Regular Registration Fee(s): \$110.00

Early Bird Deadline: January 23, 2017 **NO REFUNDS** Registration Closing Date: March 9, 2017

ENTRY REQUIREMENTS:
The Senior Olympics (ASO) Triathlon is in conjunction with Tri-Family Racing. Other events with other age groups will take place simultaneously.
Estimated swim time must be give at registration.
On-line registration is available @ www.seniorgames.org through March 9, 2017, or in person on 3-25-17@ the ASO table at the Packet Pick Up. Packet & shirt pickup will be @ Landis Cycling (10417 N Scottsdale Rd., Scottsdale, AZ 85253)
Shirts cannot be guaranteed on Sunday.

FORMAT:
Sprint Triathlon
Distances: 400M swim, 12 mile bike ride, 3 mile run
Swim is in a heated pool
Cycling and running are on city streets controlled by Police.

RULES:
USA Triathlon/NSGA rules apply unless otherwise noted herein.
Participants must stay in their assigned lanes.
Hard shell helmets (ANSI, SNELL, CPSC, or ASTM approved with sticker affixed) are mandatory for cycling.
In cycling, no rider shall draft behind another rider. Keep 3 bike lengths between, unless passing.
No glass bottles in transition area.
All ASO competitions will be in 5 year age groups: 50-54, 55-59, etc. Award are by age. Age is determined by age as of 12-31-2017.
Gold, Silver & Bronze medals will be given immediately following the event.

ADDITIONAL
INFORMATION:
We strongly recommend packet pickup on Saturday (3/25/17) @ Landis Cycling between 1:00 & 2:30 p.m.
You will also receive an identifying wrist band to wear at the event.

Sport Commissioner: Mark Konietzka (Event Manager)
Phone #: 602-274-7742 E-mail: trifamilyracing@msn.com