

2018 TRIATHLON

EVENT

Triathlon

DATE

Sunday, March 18, 2018

TIME

All Bicycles must be in the transition area by 6:00 AM. (Arrive early for best parking).

SITE

Southwest Valley Regional YMCA
2919 N. Litchfield Rd (NW corner of Thomas and Litchfield, Rd.)
Goodyear, AZ

AMENITIES

Restrooms: **Yes**

Phones: **\$**

Food: **Yes**

Water: **Yes**

ON-LINE AND MAIL-IN FEES AND DEADLINES

\$25 Registration fee + \$65. Sport Fee, if registering between November 6 and December 31.

\$30 Late Registration fee + \$80. Sport Fee if registering January 1 thru between March 1.

Paper registration is available but will incur a \$5. Data Entry fee and must be postmarked by Dec. 31.

Registration fee is charged one time only per person

There is no on-site registration through Arizona Senior Olympics.

Registration includes ASO Medals, Tri Family Racing Medals and a Tri Family shirt (available at packet pick up)

REGISTRATION DEADLINE

March 1, 2018 for all registration.

PACKET PICKUP

Saturday, March 17, from 2pm – 4pm
North Scottsdale Landis Cyclery
10417 N Scottsdale Rd.
Scottsdale, AZ 85253

ENTRY REQUIREMENTS

1. The Arizona Senior Olympics Triathlon is produced jointly with Tri Family Racing
Other events with other age groups will take place simultaneously.
2. All ASO competition will be in 5 year age groups, i.e. 50 -54, 55-59, 60-64 etc.
3. Awards are by age group. Gold, silver and bronze medals will be given immediately following the event.
4. **Estimated swim time required on your on-line registration or on your paper registration.**

FORMAT

Sprint Triathlon. Distances: 400 M Swim, 12 Mile Bike, 2 Mile Run

Swim is in heated pool. Cycling and running are on city streets controlled by Police.

SPORT RULES

1. USA Triathlon/NSGA rules apply unless otherwise noted herein.
2. Participants must stay in their assigned lanes.
3. Hard shell helmets (ANSI, SNELL, CPSC or ASTM approved with sticker affixed) are mandatory for cycling.
4. In cycling, no rider shall draft behind another rider. Keep 3 bike lengths between unless passing.
5. No glass bottles in transition area.

COORDINATOR

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RACE DIRECTOR

Mark Konietzka, Tri-Family Racing