

## TRIATHLON

**EVENT COORDINATOR:** Alysia Maschino Cell (573) 746 – 6002  
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**DATE:** Sunday 1 July, 2018 08:00

**LOCATION:** Lake of the Ozarks State Park 403 Highway 134 Kaiser, MO 65047 – 0170

<https://mostateparks.com/park/lake-ozarks-state-park>

**GUIDING BODY:** Can-Am Police-Fire Games Federation, USA Triathlon

**SPORT DESCRIPTION:** This is a Sprint type Triathlon format. **1000 M Swim, 20K Cycling, 5K Run.** Wet suit may be mandatory depending on the water temperature and a maximum stay in the water will be determined by race officials. Helmets used for the cycling portion must meet current ANSI or Snell certification and must be **properly worn prior to the rider mounting the bike and until the rider has dismounted.** Violation of this rule shall mean immediate disqualification. Team relay will consist of one swimmer, one biker, and one runner. As individual and team events start together, Team competitors may NOT compete in the individual event.

### EVENT ENTRY CODES

<u>Men Under 30</u>	TA01A	S	18-29	M
<u>Men-Senior - A</u>	TA02A	S	30-34	M
<u>Men-Senior B</u>	TA03A	S	35-39	M
<u>Men-Master-A</u>	TA04A	S	40-44	M
<u>Men-Master B</u>	TA05A	S	45-49	M
<u>Women-Master B</u>	TA05B	S	45-49	M
<u>Men-Grand Master</u>	TA06A	S	50-0	M
<u>Men-Grand Master B</u>	TA07A	S	50-0	M
<u>Men's Team-Open</u>	TA01D	T	18-0	M
<u>Women Under 30</u>	TA01B	S	18-29	F
<u>Women-Senior A</u>	TA02B	S	30-34	F
<u>Women-Senior B</u>	TA03B	S	35-39	F
<u>Women-Master A</u>	TA04B	S	40-44	F
<u>Women-Grand Master</u>	TA06B	S	50-0	F
<u>Women-Grand Master B</u>	TA07B	S	55-0	F
<u>Women's Team-Open</u>	TA01F	T	18-0	F
<u>Coed Team-Open</u>	TA01K	T	18-0	C