

Race Information

(Triathlon BC Sanctioned)
.I.T.U. and TRI BC rules in effect.

- 1 TRIBC rules on Age Groups. Entries grouped by athletes age as of December 31,2010.
- 2 Bike inspections will take place during registration between 3-5 pm Friday, July 16, 2010 at Boston Pizza.
- 3 Check-in will be at 6 am on race day next to the SS Sicamous.
- 4 There will be no delay in the race start. All athletes must be prepared to SWIM at 7 am precisely.
- 5 The swim portion will take place in Okanagan Lake. The water will be chest deep. Standing will be permitted but there cannot be any forward movement while standing. Walking or running in the swim portion will result in disqualification. Lifeguards will be on duty.
- 6 This is a continuous triathlon! Swim finishers immediately proceed to the transition area and begin the cycling portion. The cycling course follows Riverside and Lakeshore Drives.
- 7 This is a continuous triathlon! Bike course finishers immediately depart the transition area for the run course. Age Group 8 to 9 runners will run one loop or the run course. Age Group 10 to 11 runners will run 2 laps of the running course. 12-13 Age Group will run 3 laps. 14-15 will run 4 laps.
- 8 Unsportsmanlike conduct and profanity will not be permitted and could lead to disqualification.

Equipment Regulations

- 1 Triathlon Canada Kids of Steel Race Rules are in effect. They can be viewed at www.tribc.org
- 2 (14-15 yr olds) Draft-legal aerobars permitted All clipless pedal systems permitted Wheels: most race wheels permitted as per UCI rules. 60mm maximum rim depth.
- 3 Hard-shell helmets are mandatory in the bike portion of the race. Hockey helmets are **NOT** acceptable. There are no other exceptions to this rule.
- 4 Flippers, hand paddles, flotation devices and wetsuits may not be used in the swim portion.
- 5 Colored Swim Caps will be provided for the swim and must be worn to identify age groups.

SCHEDULE

FRIDAY—July 16th

3:00 P.M. — 5:30 P.M. Race package pickup and Bike Safety Check, at Boston Pizza at 1900 Main Street. It is strongly recommended that you have your bike inspected by your local shop before departure from home. Please refer to **Equipment Regulations**, above. Do not be caught at the last minute by use of non-conforming race gear! All entry fees must be paid by this time. Late package pickup for **out of town participants only** from 6:00-6:30 am on race day.
4:00 P.M.— 6:30 P.M. Carbo loading party for all participants at **Boston Pizza** following the Bike Check.

SATURDAY—July 17th

6:00 A.M.— 6:30 A.M. Late check-in for out of town located at SS Sicamous Esplanade Park.
6:00 A.M. Bike Lot opens
7:00 A.M. RACE START! Youth Race, KOS
9:50 – 10:00 A.M. Awards ceremony starts, Refreshments will be available and results will be posted to the Internet afterwards.

Draws for prizes will be made at registration and during the awards ceremony. Athletes must be present to win special prizes.

Registration

Last Name _____ First Name _____

Mailing: Box or Street Address

City _____

Province _____

Postal Code _____

Telephone _____

E-Mail Contact _____

Age as of **December 31, 2010:** _____

Birthday: _____ MM ____ DD _____ YY

Gender: Male or Female

RACE ENTRY: \$ 35.00

Tri BC # _____
(includes tribc day of race fee)

Total: \$

Please make cheque payable to:

Boston Pizza Junior Triathlon

SPECIAL THANKS!!

Penticton Pounders Running Club

KISU SWIM CLUB

SS Sicamous Restoration

IGA MARKET PLACE

AND

TO ALL THE VOLUNTEERS!

!! NO DAY OF RACE REGISTRATION!!