

The Camrose Junior Vikings Triathlon Club
is very excited to host our own triathlon!!

First Annual Camrose Junior Vikings Triathlon

Saturday, August 20th, 2016

Featuring:

- ✓ Events for ages 8 to adult – including a Try-a-Tri
- ✓ Pool swim
- ✓ Closed to traffic cycling route
- ✓ Flat running on the beautiful Rudy Swanson shale trail system
- ✓ Race souvenir for all finishers
- ✓ Cool off at the Spray Park after your Race!

When:

Saturday, August 20th, 2016

- Please arrive a minimum of 1 hour prior to your event's start time.
- Please have your transition set-up completed 45 minutes prior to your scheduled race start.
- Please attend your pre-race instruction meeting on the pool deck 20 minutes prior to your race start.
- Race Kit Pick-up/Body Marking starting at 6:30AM in the Aquatic Centre
- Races start at approximately 8:00 a.m.

Where:

Camrose Aquatic Centre 5600-44 Avenue, Camrose.

- Located in Rudy Swanson Park (53 St. and 44 Ave.)
- Parking in the North Parking lot accessed from 45th Ave.
- Transition will be set up in the South Parking Lot.
- Transition, Cycle and Run route maps will be placed on the website closer to race day.

Sanctioned by the Alberta Triathlon Association:

All participants must present their Alberta Triathlon Association number when registering or purchase a same day license for \$20

Go to <http://www.triathlon.ab.ca/2016-membership> for a race day licence.



Age Categories & Start Times:

Age as of December 31, 2016.

Start times are tentative depending on number of entries in each category. Updated start times will be provided after August 17 and again on race morning at package pickup.

Age Category:	Race Details:	Start Time:
20 years and older Female/Male	750 m swim 16 km cycle 5 km run	8 am
16—19 Female/Male	750 m swim 16 km cycle 5 km run	8 am
Note: medals for this category will only be presented to athletes 16 to 19 years old.		
14—15 Female/Male	500 m swim 8 km cycle 4 km run	8:30 am
Try a Tri *minimum age 12 years old	200 m swim 8 km cycle 2 km run	8:55 am
Note: medals will not be presented in the Try a Tri category.		
12—13 Female/Male	300 m swim 8 km cycle 3 km run	9:10 am
10—11 Female/Male	200 m swim 4 km cycle 2 km run	9:25 am
8—9 Female/Male	100 m swim 4 km cycle 1 km run	9:40 am

Race Souvenirs and Awards:

Race souvenir will be presented to all finishers.

Medals for the top 3 finishers, male and female, will be presented in each age category—except the Try a Tri event. Medals for the 16—19 Female/Male Open Category will only be presented to athletes 16 to 19 years old.

Awards will be presented as close to 11:30 am as possible.

Timing:

By Results Canada. Results to be posted as soon as possible after your race.

Cost:

- \$40 prior to August 1st, 2016
- \$45 August 1st to August 14th, 2016

Registration:

- Race Entries will be capped at 200 participants.
- All registrations and all payments must be processed through Zone 4 by 11:59PM, Sunday, August 14th. No exceptions will be made!
- Please include your usual 100m Swim Time.
- Go to: www.zone4.ca to register.

For more information contact:

Mark Eggink (meggink@telusplanet.net, 780-672-3234)

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