



Triathlon

Adult, Team and Youth Races

SGA Event



Sponsored by



Individual Entry Fee: Youth ages 9 to 12: \$20.00 **13 and Over:** \$30.00

Team Entry Fee: \$20.00 per person (Consists of 3 people no exceptions)

Must sign up individually and list team members on entry form

Entry Deadlines: Monday, July 14- In BSSG Office (**No T-shirt after July 7**).

Sites & Times: Lake Elmo State Park, Billings Heights, Sunday, July 20.

Transition area opens at 5:30 a.m. Race for adult and teams starts at 6:30 a.m. Youth triathlon begins at 8:30 a.m. Lake Elmo information available at http://fwp.mt.gov/lands/site_283333.aspx

Commissioners: Kate Novakovich 406-252-3038 Jay Marschall 406-672-2347

Race Number: Each participant in the individual event will receive a race number at check-in. Each race participant must wear paper race number on the front during the running leg. Bikers and runners in the the team event will receive paper numbers. **Race packet pick-up at Daylis Stadium Opening Ceremonies on Friday, 5:30 - 7:30 p.m. by the BSSG T-shirt distribution area and Saturday 9 a.m. to 5 p.m. at Daylis Stadium at the t-shirt tent. There is no guarantee you will be able to receive your packet on race morning! You must have a race number.**

Special Information & Rules: USA Triathlon rules apply (www.usatriathlon.org). Wetsuits allowed for swim. No drafting on the bike leg. Helmets required on bike. Race numbers **must be visible** at run finish. Divisions based on age on date of event. This event is supported by the Yellowstone Rim Runners (www.rimrunners.org). Please no dogs before and during the competition.

Parking: Please use the main parking lot of Lake Elmo State Park. The parking lot by the boat ramp is the transition area and will be closed to all non-race vehicles. Please **DO NOT** park along side streets around park area and entrance into park. Once inside the park, vehicles will not be allowed to leave if it impedes athletes.

Adult Race Course: 800m swim in Lake Elmo (The swim is a 2x400m w/ 100m beach run between laps). Water temperature varies between high 60's to low 70's F. Wetsuits are allowed. There is a 30-minute time limit for the swim. We are currently exploring an alternative 16 mile bike route for the 13 & over race. Check www.bigskygames.org under Triathlon for updates. If changes are not made, a 16K (same course as 2007) bike course will be held along Lake Elmo Drive and Wicks Lane with the turnaround at Skyview High School. Bike course will be open to traffic. Please follow all course marshal instructions. The out-and-back 3 mile run is on dirt trails, beach sand, gravel, & paved roads. Participants will run through the neighborhood and park before finishing near the transition area. Transition area opens at 5:30 a.m. Sunday. Race starts at 6:30 a.m. Course closes at 9:30 a.m. Lake Elmo State Park has bathrooms and showers. No tandem bikes in Triathlon Team competition.

Youth Race Course : Ages 9-10: 100m swim in Lake Elmo, approximate 2 mile Bike and .75 Run..

Ages 11-12: 200m swim in Lake Elmo, approximate 2 mile Bike and .75 Run.

Awards Ceremony to begin at approximately 9:30 a.m.

Event Cancellation: The Race Commissioner reserves the right to modify, change, or cancel the triathlon for weather and/or safety conditions.

EVENT CODES: NONE		SPORT CODE: TR		
DIVISION CODES:		DIVISION CODES CONTINUED:		OTHER CODES:
013	Age 13-14	009	Youth Triathlon Ages 9-10	M - Male
015	Age 15-17	011	Youth Triathlon Ages 11-12	F - Female
018	Age 18-19	105	Team Women	O- Open Team (Under 39)
020	Age 20-24	110	Team Men	MS- Master Team (40+)
025	Age 25-29	115	Team Co-ed	
030	Age 30-34			
035	Age 35-39			
040	Age 40-44			
045	Age 45-49			
050	Age 50-54			
055	Age 55-59			
060	Age 60-64			
065	Age 65-69			
070	Age 70+			

Adult and Youth Triathlon Course Maps are available at www.bigskygames.org under Triathlon. ****Group Swim & Run workout at Lake Elmo every Friday beginning June 6th at 6:00 p.m.**