

# 2019 TRIATHLON

## ***EVENT***

Triathlon 425yd Swim, 2 Mile Bike, 3.1 Mile Run

## ***DATE***

**Sunday, March , 2019**

## ***TIME***

**All Bicycles must be in the transition area by 6:30 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**

## ***FEES***

Early Bird Reg.: \$28.00 Registration fee + \$70.00 Sport fee by December 15, 2018.

Late Reg.: \$35.00 + \$70.00 Sport fee from Dec. 16, 2018 thru Jan. 20, 2019.

Mail In: Add \$10.00 (incl. addl. processing fee). **Postmarked by 12/31/18.**

Payment can be made by check or credit card (VISA, MasterCard or Discover)

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

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

## ***REGISTRATION DEADLINE***

**Sunday, January 20, 2019.**

## ***PACKET PICKUP***

Saturday, 3/00/19 from 2pm – 4pm @ N. 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. Age determined as of 12/31/19.
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.

***For information, please call 602-274-7742.***

## ***RACE DIRECTOR***

Mark Konietzka, Tri-Family Racing