2020 TRIATHLON – NATIONAL QUALIFIER

EVENT
Reverse Sprint Triathlon 3.0 Mile Run, 12 Mile Bike, 425yd Swim

DATE
Sunday, March 8, 2020

TIME
All Bicycles must be in the transition area by 6:00 am. (Arrive early for best parking).

SITE
City of Peoria / Sunrise Pool
21321 N 86th Dr.
Peoria, AZ 85

AMENITIES
Restrooms: Yes  Phones: $  Food: Yes  Water: Yes

FEES AND DEADLINES
Registration: $35.00 (Nov. 9, 2019 – Mar. 1, 2020)
Sport Fee: $70.00
Mail In: Must be Postmarked by 1/05/2020. Payment can be made by check or Credit card (VISA, Master Card, Discover)
There is no on-site registration through Arizona Senior Olympics.
Registration includes ASO Medals, Tri Family Medals and a Tri Family shirt (shirt available at packet pick up)

PACKET/BIB NUMBER PICKUP
Saturday, March 7, from 2:30 PM – 5 PM
Sole Sports Running, 4730 E Indian School Rd, Phoenix AZ 85018, (602) 368-5330

REGISTRATION DEADLINE:
Sunday, March 1, 2020

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.
   Age determined as of 12/31/2020.
3. Awards are by age group. Gold, silver and bronze medals will be given immediately following
   the event.
4. Estimated swim time required on your on-line registration or on your paper registration.

FORMAT
Reverse Sprint Triathlon. Distances: 3.0 Mile Run, 12 Mile Bike, 425 yd. Swim
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.

COORDINATOR
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RACE DIRECTOR
Mark Konietzka, Tri-Family Racing