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## TRIATHLON

### SPORT INFORMATION:

**DATE AND TIME:** Sunday, July 23. Check-in 5:30-7 a.m. Pre-race meeting 7:15 a.m. Race begins at 7:30 a.m.

**SITE:** Holmes Lake, 70<sup>th</sup> and Normal Blvd, Lincoln.

EVENT NAME	EVENT CODE	EVENT NAME	EVENT CODE
<u>Male</u>		<u>Female</u>	
14 & Under	1	14 & Under	12
15-19 years	2	15-19 years	13
20-24 years	3	20-24 years	14
25-29 years	4	25-29 years	15
30-34 years	5	30-34 years	16
35-39 years	6	35-39 years	17
40-44 years	7	40-44 years	18
45-49 years	8	45-49 years	19
50-54 years	9	50-54 years	20
55-59 years	10	55-59 years	21
60 & Over	11	60 & Over	22
<u>Teams (combined ages of all three athletes)</u>			
Male 89 & Under	23	Male 90 & Over	26
Female 89 & Under	24	Female 90 & Over	27
Mixed 89 & Under	25	Mixed 90 & Over	28

**NOTE:** Age determined as of July 23, 2006.

**ENTRY FEE:** \$24 per person if entered by June 20. Athletes may compete in only one event. **Save \$2 per person by entering online.** \$5 late fee if received between June 21 and June 27. Entry fee includes athlete T-shirt, passes to the Opening Ceremonies and Family Fest and a copy of the CSG Official Program.

**COMPETITION FORMAT:** The swim leg is a point to point 1 kilometer swim and will be lined with support craft. The cycling leg is approximately 20 kilometer bike around Holmes Lake and Holmes Golf Course- 70<sup>th</sup> Street to Pioneer Blvd, to 56<sup>th</sup> Street to Normal Blvd (3 laps), and the final leg is a 5 kilometer out and back run. Team competition consists of three members, each participating in one segment of the triathlon. Mixed teams must consist of at least one female. Teams are determined by combining the ages of all three team members. If any leg in the team competition does not finish, either or both remaining team members may complete the remaining portion BUT WILL NOT BE ELIGIBLE FOR AWARDS.

**NOTE:** Swim course may be altered due to water and/or weather conditions in a manner that will not conflict with other ongoing lake activities.

**TEAM ROSTER:** If entering a team division, the TEAM ROSTER/WAIVER form must be fully completed and signed by each team member (or by parent/guardian, if a minor).

**RULES:** Triathlon Federation U.S.A. rules will apply. All cyclists must wear a hard-shell helmet. Wet suits and disc wheels are allowed. **Center line rule will be strictly enforced.**

### GENERAL INFORMATION:

**ATHLETE PACKETS:** Athletes wishing to have athlete packets shipped may do so by marking the shipping option on the entry form and including the \$5 fee. Those not choosing the shipping option may pick up athlete packets prior to the Opening Ceremonies on Friday, July 14 at the Lincoln East High School Auditorium (adjacent to Seacrest Field, which hosts the Opening Ceremonies), from noon to 7:30 p.m. or on competition weekends at the Nebraska Sports Council offices at 4903 N. 57<sup>th</sup> St. according to the following schedule:

Saturday-Sunday, July 15-16, 7 a.m. – 6 p.m.

Saturday-Sunday, July 22-23, 7 a.m. – 6 p.m.

**NOTE:** Packets will not be available for pick up at the competition sites.

**Race numbers** must be picked up during check-in at Holmes Lake.

**FOR FURTHER INFORMATION:** Triathlon Director Gary Bredehoft (402) 560-8280 or email

[coach@tigercoaching.com](mailto:coach@tigercoaching.com)