

**SATURDAY, SEPTEMBER 2, 2017**



# **20<sup>TH</sup> ANNUAL SOUTHERN HILLS TRIATHLON**

**ANGOSTURA RECREATION AREA, HOT SPRINGS, SD**

## **Schedule of Events**

### **Friday, September 1<sup>st</sup> 2017**

5:30 - 7:00 PM — Packet pick-up, registration, and pasta dinner at Hot Springs Masonic Lodge. Pasta dinner is included in registration fee.

### **Saturday, September 2<sup>nd</sup> 2017**

6:00 am Packet Pick-up Opens  
Breakers Beach, Angostura Recreation Area

7:00 am Rules Meeting  
All adult participants must be present

7:30 am Olympic Distance Triathlon

8:00 am Sprint Triathlon

9:45 am Pre-race Meeting for Youth  
Triathlon

10:00 am Youth Triathlon

Post race – Food & drink, awards,  
and door prizes.

**Medals for all youth and adult finishers.**

**1st Place Medals for adult age groups.**

**1st Place Overall for each event.**

## **Events—Team & Solo**

**Youth Triathlon:** (Ages 7—12 non-competitive)

100 yard swim — 5 mile bike — 1 mile run

**Sprint Triathlon:**

1/2 mile swim — 12 mi. bike — 3.1 mi. run

**Olympic Distance Triathlon:**

1 mile swim — 24 mi. bike — 6.2 mi run

**Duathlon:**

3.1 mile run — 12 mi. bike — 3.1 mi. run

**BICYCLE HELMETS REQUIRED FOR ALL RIDERS**

**Register online at:**

<http://www.active.com>

**Event web site:**

[Friendsofthehotspringspubliclibrary.webbly.com](http://Friendsofthehotspringspubliclibrary.webbly.com)

**For registration information and  
other questions, e-mail**

[southernhillstriathlon@yahoo.com](mailto:southernhillstriathlon@yahoo.com)

**Telephone contact:**

605-745-3494



*In cooperation with South Dakota Game, Fish and Parks  
Fundraiser for Friends of the Library, Hot Springs, SD*