

SATURDAY, SEPTEMBER 2, 2017



20TH ANNUAL SOUTHERN HILLS TRIATHLON

ANGOSTURA RECREATION AREA, HOT SPRINGS, SD

Schedule of Events

Friday, September 1st 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 2nd 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 & Duathlon Start

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:

www.active.com/hot-springs-sd/duathlon/races/20th-annual-southern-hills-triathlon-2017

Event web site:

<http://friendsofthehotspringspubliclibrary.weebly.com/southern-hills-triathlon.html>

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

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*