

SATURDAY, SEPTEMBER 1, 2018



21ST ANNUAL SOUTHERN HILLS TRIATHLON

ANGOSTURA RECREATION AREA, HOT SPRINGS, SD

Schedule of Events

Friday, August 31, 2018

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 1st 2018

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 Start

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

Medals for all youth and adult finishers.

1st Place Awards for adult age groups.

1st Place Overall for each event.

Events—Team & Solo

Youth Triathlon: (Ages 7—11 non-competitive; 12-14 awards for first place)

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:

<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
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