SATURDAY, AUGUST 31, 2019
22ND ANNUAL
SOUTHERN HILLS TRIATHLON
ANGOSTURA RECREATION AREA, HOT SPRINGS, SD

Schedule of Events

Friday, August 30, 2019
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, August 31st 2019
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 Triathlon Start

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.

Events—Team & Solo

Youth Triathlon:  (Ages 7—12 non-competitive)
100 yard swim — 3.1 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:

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