



North Shore Triathlon
May 22, 2017
Adapted Athletes Information

Dear Parents, Guardians and supporters;

This represents the inaugural Adapted Athletes wave at the North Shore Triathlon. We have attempted to make the event as accessible as possible but there will always be ways to improve. We kindly ask that you pass along all constructive feedback so that we can continuously improve this event. **Please take a moment to read and understand the information below. It will be very helpful in supporting a successful race for your athlete.**

RACE DISTANCES

Kids of Steel race distances are mandated by the governing body of Triathlon. At no time may an athlete complete a distance greater than permitted for their age groups. However, athletes can elect to race a shorter distance so any distance can be select so long as it does not exceed the age allowances below (all ages as at December 31st, 2017):

Kids aged 6 & 7 shall not exceed: Swim (50 metres), Bike (1.5 km), and Run (500 metres)

Kids aged 8 to 11 shall not exceed: Swim (75 metres), Bike (5.0 km), and Run (1.0 km)

Kids aged 12 to 15 shall not exceed: Swim (225 metres), Bike (10.0 km), and Run (3.0 km)

RACE SUPPORT

Athletes may have a supporter and they will **need to wear a shirt (provided by the race) and their wrist band** to gain access to the transition and race course. **All support personnel are responsible to know the course and distance for each leg as it relates to the specific athlete and must remain with the athlete at all time on course.** If more than one support person is required please contact us to discuss options.

OTHER INFORMATION

1. This is a pool swim and separate lanes will be provided for this wave, one athlete in a lane at time
2. We have over 500 athletes completing the race, **it will be NOISEY and BUSY**
3. We will have a separate quiet space available if required
4. Two pre-race meetings will be held. One will be in early May (exact date TBC) and the second will be on Sunday May 21st (Time TBC). **The athlete and supporter must you must attend at least one meeting to receive critical pre-race information.**

Please direct all questions or enquires to president@nstc.ca