

SATURDAY, SEPTEMBER 3, 2016



19TH ANNUAL SOUTHERN HILLS TRIATHLON

ANGOSTURA RECREATION AREA, HOT SPRINGS, SD

Schedule of Events

Friday, September 2nd 2016

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

Saturday, September 3rd 2016

6:00 am Packet Pick-up
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 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—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

ANSI APPROVED HELMETS

REQUIRED FOR ALL BIKE RIDERS

Register online at:

<http://www.active.com/hot-springs-sd/duathlon/races/19th-annual-southern-hills-triathlon-2016?int=>

Event web site:

Friendsofthehotspringspubliclibrary.webbly.com

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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