

2011 FAIRMONT TRIATHLON

Saturday, June 11, 2011

at Gomsrud Park

320 W. Lair Road; Fairmont, MN 56031

Registration at Gomsrud Park Shelter House:

Fri. June 10th 4:00-7:00 PM

Sat. June 11th 5:30-7:45 AM

Printable: fairmonttriathlon.org

Online: allsportcentral.com

Transition Area Opens at 5:30 AM

Athletes permitted in area during their event only.

Spectators are never permitted in transition area

Event:	Olympic	Liz Gomez Sprint	Mini
Start:	8:30 am	9:30 am	9:00 am
Swim:	.93 Miles (1.5K)	.25 Miles	25 Yards
Bike:	24.8 Miles (40K)	12.4 Miles (20K)	3.1 Miles (5K)
Run:	6.2 Miles (10K)	3.1 Miles (5K)	½ Mile (1K)

INDIVIDUALS:

-may compete in the Olympic, Sprint or Mini events.

-will compete in their age category: 10-12; 13-15;

16-19; 20-29; 30-39; 40-49; 50-59; 60-69; 70 & over

TEAMS:

-may compete in the Sprint or Olympic events.

-may consist of 2 or 3 members.

-will compete in a category according to the sum of the entire teams combined age as follows:

Under 60, 60-119 years 120 years and Over.

(Age listed must be age of individual on RACE DAY.)

SAFETY REQUIREMENTS:

- Bicycle helmets are mandatory (not provided).
- Swim caps are also mandatory (provided).

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AWARDS CEREMONY

Starting at about 11:15 AM next to shelter house,
 medallions awarded in the Sprint and Olympic events: -

- first three male and female finishers overall
- first three in all age groups
- members of first three teams in each division

Ribbons will be awarded to all Mini Event participants.

2011
 RONALD MCDONALD
 HOUSE



ISD 2752; Community Education & Recreation
 714 Victoria Street
 Fairmont, MN 56031

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