

Proof of registration Race kit equipment

Sunscreen

Water & snacks

Your enthusiasm

Comfortable clothing and shoes

POST-RACE PICK UP AREA

SPECTATOR AREA

**FINISH** 

## START

PUBLIC PARKING

**REGISTRATION &** MARSHALLING AREA

Date: Friday, June 3, 2022 Location: Stony Plain Pool

Check In: 9:30am Warm Up: 10:30am Race Start: 11am

T-Shirt Colour /	Ages	Swim	Bike	Run
Heat Grouping	(As of Dec 31)	Distance	Distance	Distance
RED	5-7 Years	50 m	2 km	500 m
	(Open to 8-9-Year-Olds)	(2 Lengths)	(5 Laps)	(1 Lap)
ORANGE	8-9 Years	100 m	4 km	1.5 km
	(Open to 5-11-Year-Olds)	(4 Lengths)	(10 Laps)	(4 Laps)
BLUE	10-11 Years	150 m	6 km	2 km
	(Open to 8+ Year-Olds)	(6 Lengths)	(15 Laps)	(6 Laps)
GREEN	12+ Years	200 m	10 km	3 km
	(Open to 10+ Year-Olds)	(8 Lengths)	(25 Laps)	(10 Laps)