

Nipigon Tryathlon

Wednesday, August 17th, 2022

3:00p.m. – 9:00 p.m.

Nipigon Community Centre

Entry Fee: \$25.00

Registration deadline is Friday, August 12th

Contact Kristin @ 887-3586 or kristindutil@nipigon.net

*If you enter both the individual and team events,
the cost for the second event is an additional \$10.00

Register at the Municipal Office or Nipigon Pool

Category	Swim	Bike	Run
JK/SK	25m (1 pool length)	1 lap around arena	1 lap around arena
Grade 1-3	50m (2 pool lengths)	2 laps around arena	2 laps around arena
Grade 4-6	100m (4 pool lengths)	4 laps around arena	4 laps around arena
Grade 7-8	200m (8 pool lengths)	4.6km loop	2.3km loop
Grade 9 and Over Individuals and Teams	200m (8 pool lengths)	4.6km loop	2.3km loop

IMPORTANT NOTES FOR EVENT DAY

- Life jackets are allowed for all ages
- You may stand and rest in the shallow water, but running or walking on the pool bottom is not permitted
- The route has unpaved sections
- Once you have fully completed the event, please remove all the equipment and bike from the transition zone
- Please come out and support all competitors!

****RACE KIT PICK-UP-Wednesday at 1pm****

Please make sure that you are familiar with the various routes for the various events

TEAM EVENTS

Team event categories: JK/SK, Gr.1-3, Gr.4-6, Gr.7-8, Gr.9 and up compete in the open category

INDIVIDUAL EVENT

Individual events include the following: JK/SK, Gr.1-3, Gr.4-6, Gr.7-8, Gr.9 and up compete in the open category

Registration/Waiver/Release Form

Please Complete and Return