

TRACK EVENTS

FREE TO THE PUBLIC

Road Races

Mondays, June 4, 11, 18, and 25
Races are 3,000 and 5,000 meters
6:30 p.m. at Spencer Park

Track and Field Clinics

Wednesdays, June 6, 13, and 20
1:30 p.m. at the Lincoln High School Track

Summer Developmental Track Meets

Wednesdays, June 6, 13, 20, and 27
5:45 p.m. for field events; 6 p.m. for running events
Lincoln High School Track
Onsite registration opens at 5 p.m.

Kids Cross Country Meets

Wednesdays, September 5, 12, and 19
4 p.m. at Morningside Park

CITY OF SIOUX FALLS
PARKS & RECREATION

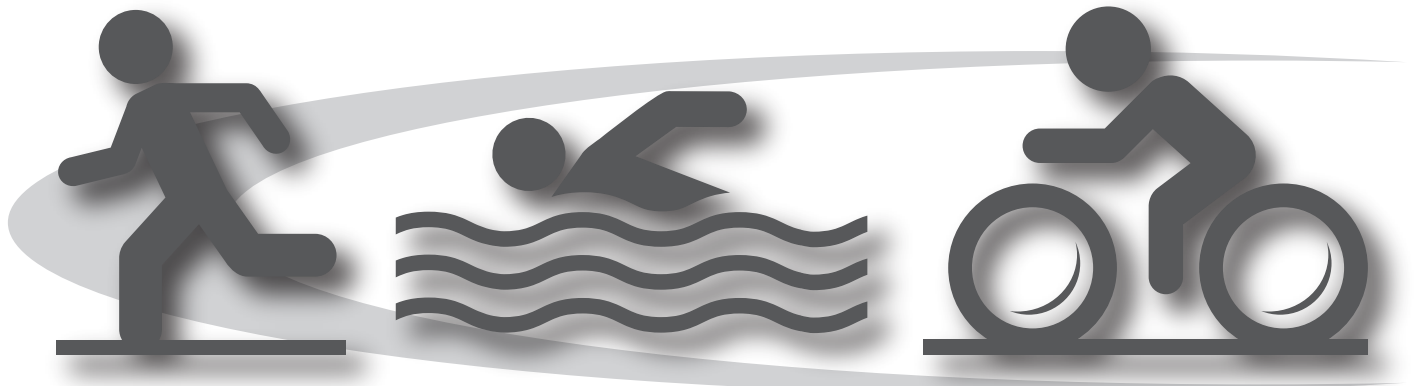
www.siouxfalls.org/parks • 367-8222

If an ADA accommodation is needed, please contact the Human Relations Office at 605-367-8745 or humanrelations@siouxfalls.org at least 5 business days before the event.

Sioux Falls Parks and Recreation

2018 **YOUTH TRIATHLON** 10TH ANNUAL

Sponsored by Wellmark Blue Cross and Blue Shield



Run, swim, and bike in this fun mini-triathlon.

AGE	SWIM	BIKE	RUN
6-7	1 length of pool (33m)	1 full lap around park (.64 mile)	.5 mi.
8-9	1.5 lengths of pool (49.5m)	2 full laps around park (1.3 miles)	.5 mi.
10-11	2 lengths of pool (66m)	3 full laps around park (1.92 miles)	1 mi.
12-13	100m	4 full laps around park (2.5 miles)	1 mi.
14-18	200m	6 full laps around park (3.84 miles)	1.5 mi.

Prizes

Make sure to stick around for the awards ceremony! Prizes will be awarded to the top three male and female finishers in each division. Coke will have a drawing to win a bike for registered participants. Two Wheeler Dealer will be donating a grand prize as well as providing giveaways to all preregistered participants.

Bike Inspections

Two Wheeler Dealer will be on site to provide bike checks, minor tuning, and tire inflation prior to the race.

Check out our triathlon training classes that will help you gear up.

register.siouxfallsparks.org • activity number 163005.



Friday, August 10, 2018

Times: 9 a.m. packet pickup and setup. All participants must be present at this time.

Start Times: 10 a.m. 6 to 7 years
 10:15 a.m. 8 to 9 years
 10:30 a.m. 10 to 11 years
 10:45 a.m. 12 to 13 years
 11 a.m. 14 to 18 years

Location: Kuehn Park/Pool

Register online at register.siouxfallsparks.org using activity number 160000.

Online/early \$10 registration deadline August 1
 Fee is \$10 and you receive a T-shirt.

Race day registration August 10, \$15.

Vehicle Parking and Access

Use Kuehn Pool lot entrance to drop off participant and equipment. Kuehn Pool lot will be ADA parking only, use Sioux Falls First Church lot at 41st and Kuehn Park Road or Kuehn Community Center lot at 2801 South Valley View Road. No parking in the Kuehn Golf Course parking lot!



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