

turner valley triathlon



Itinerary

June 30, 2011, 3- 8p.m

Pre-race package pick up at **Tri-It Sports Store Calgary**

Address: 2640 Parkdale Boulevard NW

Calgary, Alberta T2N 3S6

Tel: 403.270.7776

!!!PLEASE NOTE !!! TRI-IT STAFF CANNOT GIVE OUT ANY RACE PACKAGES BEFORE THIS TIME!!!

July 1, 2011, 7a.m

Late package pick-up at Flare `n Derrick, Turner Valley

7:00 a.m. – 30 minutes before your swim start: Body Marking and timing chip pick-up at Flare `n Derrick, Turner Valley

7:45 a.m.: Opening ceremonies and O Canada at pool deck.

8:00 a.m.: Adult race start

10:00 a.m.: Kids of Steel meeting and race start

Map of Area turner valley triathlon



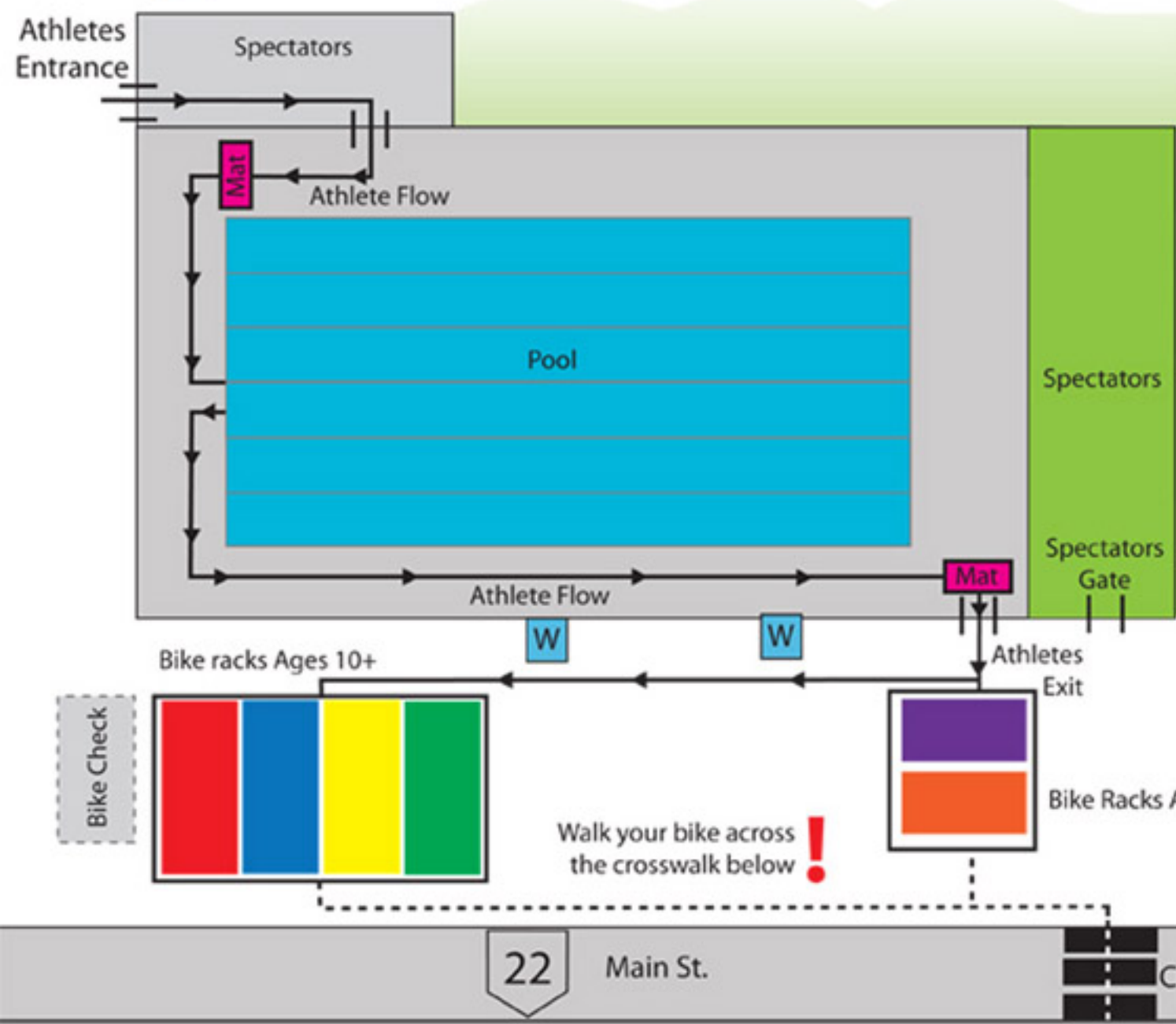


Colour	Age	Distance	Approx Swim Times
Red	18+	500m	15 minutes + 8AM 13-15 minutes 8:30AM 11-13 minutes 9:00AM 9-11 minutes 9:30AM 9-minutes or less 10:00AM
Blue	15-17	400m	10:15AM
Yellow	12-14	300m	10:30AM
Green	10-11	200m	11:00AM
Orange	8-9	100m	11:15AM
Purple	7 & under	50m	11:30AM

MAP NOT TO SCALE

Map Designed by Dragon Art Design

Bike Check
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Source
 for sports.
 Okotoks
 403-938-5772



Bike Route Map

turner valley triathlon



10k- Out to 5k point
and come back
Ages 12-17

20k- Out to 10k point
and come back
Ages 18+



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Source for sports
Okotoks
403-938-5772



Legend

Colour	Age	Distance
	18+	20k
	12-14 & 15-17	10k
	8-9 & 10-11	4.5k
	7 & under	1k

Take your bike from the transition area and walk your bike across the crosswalk to begin bike race

MAP NOT TO SCALE

SEE SWIM PAGE FOR DETAILED TRANSITION AREA

Run Map

turner valley triathlon

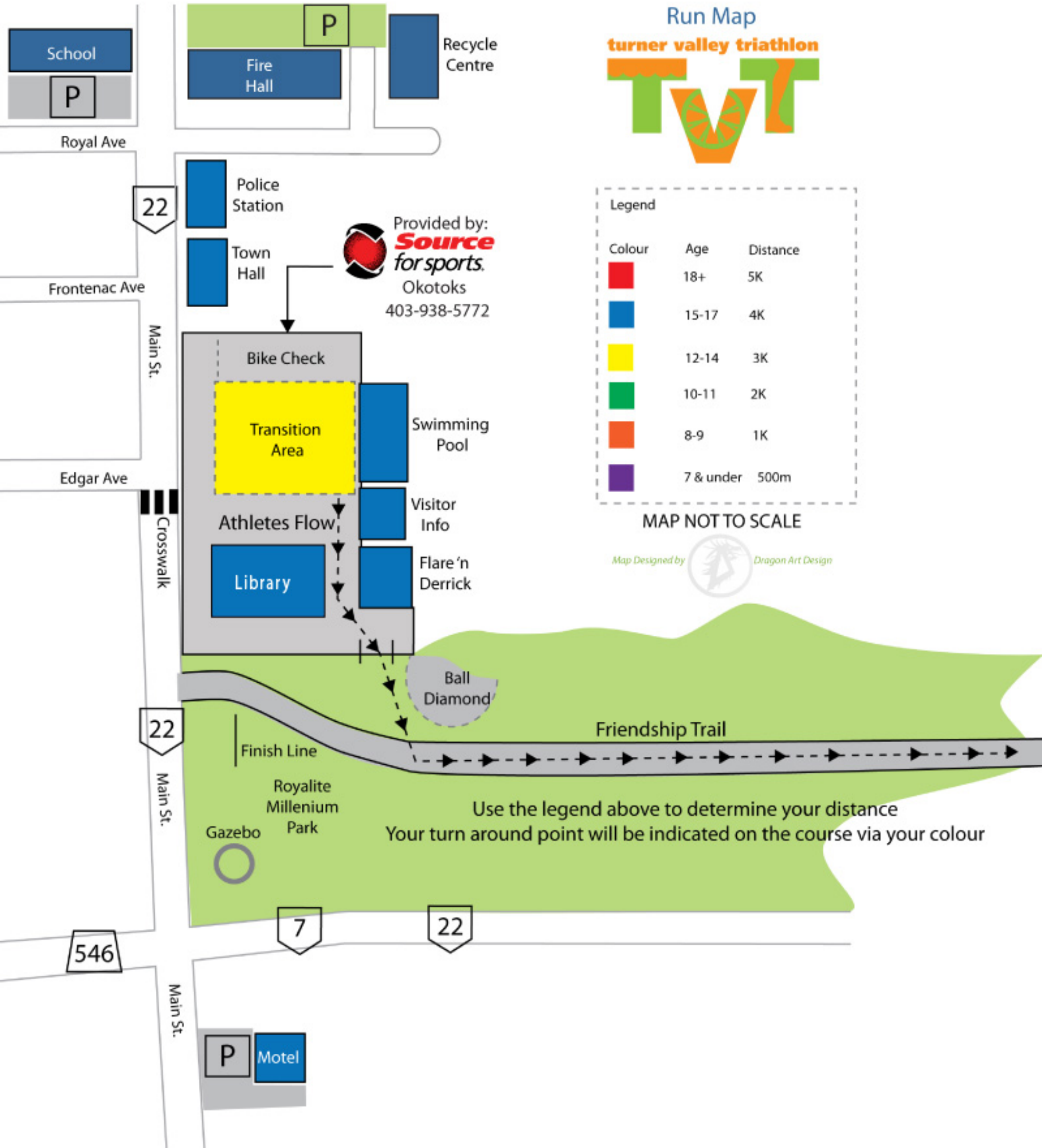


Legend

Colour	Age	Distance
Red	18+	5K
Blue	15-17	4K
Yellow	12-14	3K
Green	10-11	2K
Orange	8-9	1K
Purple	7 & under	500m

MAP NOT TO SCALE

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Use the legend above to determine your distance
Your turn around point will be indicated on the course via your colour