

7th Annual School Cup - Black Canyon Sprint Triathlon

Can you and two friends.... swim a few laps... ride a bike...run... ?

You don't have to be an expert to enter a triathlon! Get a couple of friends from your grade at school and enter a team. Show your school spirit! Win a plaque with YOUR name on it to be displayed at your school!

Saturday, October 1st, 2011. Check In: 7:30am; Race Start: 8:00am.

Open to students from Montrose County Schools in grades 1st-5th.
Teams consist of 1, 2 or 3 students from the same grade and same school.
This event is held in conjunction with the Black Canyon Sprint Triathlon.

Registration Forms Due: Thursday, September 22nd; Registration Fee: \$30 per team.

1st - 5th Grade Team and Individual Information—1, 2, or 3 students from the same grade and school

100 Yard Swim (2 laps/4 lengths of the pool)

5K Bike (3 miles)

1.2 Mile Run

Registration Deadline: Thursday, Sept. 22nd at 6pm; mail to: MRD, PO Box 63, Montrose, CO 81402 or drop off at aquatic center. Late Registrations taken if space is available, but if late, a t-shirt at cannot be guaranteed.

Packet Pickup and Meeting: Thursday, Sept 29th; 5:30-6:30 pm, MRD Aquatic Center (Corner of Rio Grande and Colorado Avenue) . With Pre-Race Meeting at 6:00pm. **Please plan to attend. Essential information will be shared.**

Race Day: Saturday, October 1st - Participant check in by 7:30 am. Event will begin **promptly** at 8:00 am.

Course Maps: Can be picked up at the Aquatic Center anytime or found here: www.bctri.com/SchoolCup

Registration Form (One form needed for each team member)

Mail to: Montrose Rec. District, PO Box 63, Montrose CO 81402, or

Drop off at: MRD Aquatic Center, 25 Colorado Avenue, Montrose

Please make checks payable to: **Black Canyon Sprint Triathlon**



Please Print—(One form needed for each team member)

Participant Name: _____ Grade: _____ School: _____

Team Name: _____ Swim / Bike / Run (please circle event you are doing)

Date of Birth: _____ Best Phone #: _____ Sex (circle one) M or F

Email address: _____ T-Shirt Category (circle one) Adult Youth ; T-Shirt Size (circle one): S M L XL

Liability Waiver

The undersigned, for myself, my heirs and assigns, hereby agree indemnify and hold harmless the Black Canyon Sprint Triathlon and all of its sponsors, their agents, employees, representatives, or assigns from any and all actions, causes of actions, or claims for injuries or damages the undersigned may have by reason of participation in the Black Canyon Sprint Triathlon on Saturday, October 1, 2011. Further, I consent to and authorize the use and reproduction, for any purpose and without compensation, of all photographs and video taken of participants while competing in the Black Canyon Sprint Triathlon. If my child or I require medical attention, I hereby give my consent to medical personnel to provide medical care as is deemed necessary by such authorized personnel.

Participant Signature

Date

Parent/Guardian Signature

Date

Bicycle helmets mandatory for all biking participants

www.bctri.com/SchoolCup

School Cup 2011 - Black Canyon Sprint Triathlon

Goal of the School Cup: To encourage children, their families and friends to be more physically active.

Guidelines (Please Read Closely):

- Maps for the course can be picked up at the Aquatic Center and can be found here: www.bctri.com/SchoolCup
- It is the responsibility of the team members to know the course. If a team member does not complete the course, the team will be disqualified.
- Participants may be any age up to and including grade 5.
- School Cup participants can be 2 or 3 member teams or individuals completing the entire course by themselves.
- We will start the triathlon with the older triathletes then continue with the younger ones.
- Ideally teams are from one school. However, if this is not the case, the trophy plaque will be divided time wise between schools. Montrose and Olathe area home schooled children and those from non public schools are welcome to participate.
- If a team is comprised of members from different grades, they will be competing in the grade of the highest grade participant.
- Family and friends are encouraged to participate in biking and running. This is especially true for the younger participants!
- Bicyclists must stay on the right side of the sidewalk, except to pass. Watch out for sharp turns.
- Scholarships are available so no child will be denied participation due to financial constraints.
- No help from non-team members is allowed with ankle bracelet transitions.
- Attendance at the Pre-Race Meeting on Thursday evening is highly encouraged for all team members. The course for the triathlon will be reviewed as well as important information regarding procedures.
- The entire School Cup event will be completed by 8:30 am, prior to the start of the Black Canyon Sprint Triathlon, so there should be minimal conflict with other activities of the day.
- We encourage middle school and high school students to participant in the Black Canyon Sprint Triathlon as an individual or a team not with the School Cup. More information can be found: www.bctri.com
- Official results will be emailed to PE teachers as soon as they are available. No awards ceremony at the event. Awards ceremony will take place at your school.
- Any other questions please contact your school PE teacher, Suzi King, suziswim@gmail.com or Pam East, 970-596-7690.



Get an Upper Hand on the Course and Transition Areas....

Youth Triathlon Clinic

This clinic will introduce kids in 1st - 5th grades to the sport of triathlon and prepare these athletes for the School Cup Triathlon to be held October 1, 2011. Previous triathlon experience is not required, but children should be able to swim 100 yards, bike 3 miles, or run 1 mile depending on which event(s) they plan to complete during the following week's event. Instructors will cover the basics of competing in a triathlon, either as a member of a team or individually. This includes what to expect on race day. Participants will also go over the course, so plan to get in the water, on the trail or on the bike path. Please bring your suit & goggles, bicycle and helmet or running shoes depending on your event.

Date: Saturday, September 24

- 4 Divisions of participants: 1. Swimmers 2. Bikers 3. Runners 4. Students who want to compete in all three events
- Time: 3:00 - 4:00 pm
- Fee: \$10
- Instructors: School Cup Triathlon Staff

Location: Aquatic Center

Call the Rec District for more information—249-7706.