



Age Group :

12 – 15 (age on Dec 31st, 2024)

Events :

Each athlete will complete the distances stated below :

Individual Triathlon: 400 m Swim, 8 km Bike, 2 km Run

Individual Duathlon: 2 km Run, 8 km Bike, 1 km Run

2X2 Mixed Team Relay Triathlon: A team will consist of two athletes of opposite gender within a District who will each race twice in a relay format. Teams will race in the order of male – female – male – female. Each team competitor will complete the swim, bike and run course before tagging the next competitor. If a competitor is unable to continue, the team is disqualified.

Eligibility:

Athletes: Qualification at regional competitions. Triathlon Saskatchewan plans to offer qualification at local events in each of the nine sport Districts but reserves the right to offer regional competitions if no local events can be organized.

Coaches: At minimum, must be a Triathlon Canada Community Coach at the NCCP “Trained” status level. Triathlon Saskatchewan is hosting a Triathlon Canada NCCP Community Coaching Course for coaches interested in participating in the games or looking to update certification to work with youth, junior and age group athletes. Here are the dates.

Online Education: *November 24, 2023 and December 1st 2023 from 5:30 to 8:30 pm.*

Practicum: Regina *December 3, 2023 from 7 am to 1 pm* at the Lawson Aquatic Centre (confirmed). Saskatoon, January 21st, 2024 (tentative).