

Welcome to the 2009 Black Canyon Youth Cup Triathlon.
We are thrilled that you are participating with over 100 other student athletes!
Please be at Aquatic Center at 6:30am—Saturday AM!

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

FIRST AND FOREMOST: It is the responsibility of the athlete to know the course. If the athlete doesn't follow the course, the team will be disqualified. Parents are encouraged to accompany athletes if this might be an issue.

Don't Forget –

1st-4th Graders:

- Swimmers- 4 lengths of the pool/2 laps (100 meters)
- Bikers - complete 1 loop of the course
- Runners – run to the bridge in the park and turn around

5th-8th Graders:

- Swimmers – 10 lengths of the pool/5 laps (250 meters)
- Bikers - complete **2** loops of the course
- Runners – run past the bridge and up the hill until the turn around point half way up the hill.

Guidelines (Please Read Closely):

- Participants may be any age up to grade 8.
- Youth Cup participants may be 1, 2 or 3 member teams.
- 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!
- 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.
- 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.
- Attendance at the Pre-Race Registration on Friday 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 Youth Cup event will be completed by 8 am, prior to the start of the Black Canyon Sprint Triathlon, so there should be minimal conflict with other activities of the day.

Bracelets and Number Markings

- 1st-4th Graders
 - Swimmer – Team number of left calf and right arm. Timing Chip (pick up Sat. am)
 - Biker - Team number of left calf and right arm. **Pink** bracelet on bike and right wrist.
 - Runner - Team number of left calf and right arm. **Pink** bracelet right wrist.
- 5th-8th Graders
 - Swimmer – Team number of left calf and right arm. Timing Chip (pick up Sat. am)
 - Biker - Team number of left calf and right arm. **Blue** bracelet on bike and right wrist.
 - Runner - Team number of left calf and right arm. **Blue** bracelet right wrist.