

Triathlon

DATE AND TIME: Sunday, June 20. Check-in 5:30-7 a.m. Pre-race meeting 7:15 a.m. Race begins at 7:30 a.m.

Tiger Coaching Kids race Check-in 9:30 a.m.-10 a.m. Pre-race meeting 10:15 a.m. Race begins at 10:30 a.m.

SITE: Holmes Lake, 70th and Normal Blvd, Lincoln.

NOTE: For those interested in a practice swim, register for the CSG Open Water Swimming Competition held on Saturday June 19, the day before the triathlon, at Holmes Lake.

Event Name	Event Name	Event Name
<u>Male</u>	<u>Female</u>	<u>Teams (combined ages of all three athletes)</u>
Championship Heat	Championship Heat	Male 89 & Under
14 & Under	14 & Under	Female 89 & Under
15-19 years	15-19 years	Mixed 89 & Under
20-24 years	20-24 years	Youth 42 & Under
25-29 years	25-29 years	Male 90 & Over
30-34 years	30-34 years	Female 90 & Over
35-39 years	35-39 years	Mixed 90 & Over
40-44 years	40-44 years	Youth 43-54
45-49 years	45-49 years	
50-54 years	50-54 years	
55-59 years	55-59 years	
60-69 years	60-69 years	
70 & over	70 & over	

Tiger Coaching Kids Race

<u>Male</u>	<u>Female</u>
12-13	12-13
10-11	10-11
9 & under	9 & under

NOTE: Age determined as of June 20, 2010.

ENTRY FEE: \$41 per person, \$81 per team if entered by May 31. Tiger Coaching Kids Race \$10 per person if entered by May 31. \$5 late fee if received between June 1 and June 7. Entry fee includes athlete T-shirt, passes to SportFest and the Opening Ceremonies and a copy of the NSC Yearbook. **Athletes may compete in only one event.**

BEST OF THE US: This event will be the Nebraska Qualifier for The Best of the U.S. Triathlon. The top female and male finishers will automatically qualify to represent Nebraska in Wave 1 of the 2010 Best of the US Championship. New this year, the 2nd and 3rd place finishers will also qualify for the Best of the US, competing in Wave 2. For more information, go to www.bestoftheustrlseries.com.

COMPETITION FORMAT: Chip timing will be used in all races. The swim leg is a point to point .75 kilometer swim and will be lined with support craft. Swim warm-up will only be allowed before the pre-race meeting, no warm-ups allowed before the start of each wave. The cycling leg is a 20 kilometer bike around Holmes Lake and Holmes Golf Course- 70th Street to Pioneer Blvd, to 56th Street to Normal Blvd (3 laps), and the final leg is a 5 kilometer out and back run along the limestone trail around the lake. Course maps are available on this website. Team competition consists of three members, each participating in one segment of the triathlon. Mixed teams must consist of at least

one female. Teams are determined by combining the ages of all three team members. If any leg in the team competition does not finish, either or both remaining team members may complete the remaining portion **BUT WILL NOT BE ELIGIBLE FOR AWARDS**. A wave start will be implemented by age groups (*4-5 waves depending on the numbers, approx. 80 to 100 per wave*) Order of waves will start with the Championship Heat and Team Competition (*male & females together*), followed by youngest to oldest age groups possibly combined together followed by the last wave of Teams competitors.

CHAMPIONSHIP HEAT: The first wave Championship heat for males and females competing for the overall Championship and BOSU qualifying spot. Individuals in this heat will compete for the top three medal spots in this heat (*male & female*) and a Tiger Coaching State Triathlon Championship trophy. Entries in this heat are NOT eligible for age group awards.

TIGER COACHING KIDS RACE: The swim leg is a point to point 150 yd. swim and will be lined with support craft and lifeguards. The cycling leg is a 3 mile bike around Holmes Lake Park, and the final leg is a 1 mile out and back run on the limestone trail around the lake. Registration forms are available at www.tigercoaching.com, and www.cornhuskerstategames.com. Watch for information on Tiger Coaching Kids summer Triathlon Clinic.

NOTE: Swim course may be altered due to water and/or weather conditions in a manner that will not conflict with other ongoing lake activities.

TEAM ROSTER: If entering a team division, the TEAM ROSTER/WAIVER form must be fully completed and signed by each team member (*or by parent/guardian, if a minor*).

RULES: Triathlon Federation U.S.A. rules will apply. All cyclists must wear a hard-shell helmet. Wet suits and disc wheels are allowed. Center line rule will be strictly enforced.

REGISTER AND WIN BIG! As if the greatest sports participation experience in Nebraska weren't enough, all registered athletes in the Cornhusker State Games will be entered in the CSG Grand Prize Drawing. The top prize is a free one-year lease on a Mazda 5 from Anderson Auto Group! Second prize is free airfare for two to any Midwest Airlines destination. To encourage early entry, Borsheim's has donated a diamond and gold pendant valued at \$1,800, which will be awarded to one of the first 5,000 entrants. Those entering multiple sports receive one chance for each sport entered, so enter early and often!

CHOOSE PACKET SHIPPING: Packet shipping (\$5 Individual, \$10 Team/Doubles) allows you to receive your shirt(s), yearbook(s), event pass(es) and sponsor gifts more than a week before the Opening Ceremonies. Choosing this option means saving time and avoiding hassles like waiting in line or running across town between games. Those not choosing the shipping option may pick up athlete packets at the following locations/times:

Wednesday, June 16, 8 a.m. – 6 p.m. NSC Offices, 4903 N. 57th St.

Thursday, June 17, 8 a.m. – 6 p.m. NSC Offices, 4903 N. 57th St.

Friday, June 18, 8 a.m. – 6 p.m. NSC Offices, 4903 N. 57th St.

Saturday-Sunday, June 19-20, 7 a.m. – 6 p.m. NSC Offices, 4903 N. 57th St.

Wednesday, June 23, 8 a.m. – 6 p.m. NSC Offices, 4903 N. 57th St.

Thursday, June 24, 8 a.m. – 6 p.m. NSC Offices, 4903 N. 57th St.

Friday, June 25, 4 p.m. – 7 p.m. SportFest, 7600 A St.

Saturday-Sunday, June 26-27, 7 a.m. – 6 p.m. NSC Offices, 4903 N. 57th St.

NOTE: Packets will not be available for pick up at the competition site.

OPENING CEREMONIES/SPORTFEST: The always popular Opening Ceremonies on Friday, June 25 will again be preceded by SportFest, a party with all the trimmings including inflatable/carnival games, interactive displays, music and free dinner for registered athletes. Find all the details under the Special Events tab at CornhuskerStateGames.com or call 402-471-2544 for more information.

FOR FURTHER INFORMATION AND TRIATHLON TRAINING AND COACHING INFORMATION CONTACT:

Triathlon Race Director and Certified USA Triathlon Coach Gary Bredehoff, CSCS (402) 560-8280 or email coach@tigercoaching.com. For information about the kayak support team, contact David Jané at lincolnkayakpolo@gmail.com.