

**2020 MANITOBA SUMMER GAMES powered by MANITOBA HYDRO**  
**TECHNICAL PACKAGE**  
**SPORT: TRIATHLON**

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**AGE CATEGORY**

Open to male and female athletes in the following age categories:

1. 10 and 11 years of age (born 2009 & 2010)
2. 12 and 13 years of age (born 2007 & 2008)
3. 14 and 15 years of age (born 2005 & 2006)

Participants must meet eligibility rules as outlined in the Manitoba Games Eligibility Policy.

No other restrictions

**COACHES ELIGIBILITY**

In order to coach at the 2020 Manitoba Summer Games, all coaches must complete the online Respect in Sport program by December 31, 2019; if named as a coach after December 31, 2019, must be completed within 1 month of appointment and prior to the Games. Coaches must also complete the Manitoba Games Screening process.

**TEAM COMPOSITION**

**Athletes** = 24 per region

4 males and 4 females in each of the four age categories

**Staff** = 1 coach and 1 manager

- One of whom must be male and one of whom must be female
- Coach/manager must be 18 years of age or over as of January 1<sup>st</sup>, 2020
- Coach/manager must comply with all requirements in the General Rules of the 2020 Manitoba Games document

**Total Team Size** = 26 maximum

## **REGIONAL TEAM SELECTION FORMAT**

### **ATHLETES**

Teams will be selected based on the results and participation during the following events:

2019 Riding Mountain Triathlon; 2020 Triple Threat Triathlon; 2020 St.Malo Triathlon; 2020 Peace Garden Triathlon; 2020 Morden Triathlon and three Manitoba Games Triathlon Clinics to be held during the 2019-20 winter season.

NOTE – these clinics will count towards an athlete achieving their three event qualification, but will obviously not have any placements to consider. It will be our goal to find a spot for all athletes participating in three qualifying events.

Each athlete's best three placements in these qualifying events will be used to determine team composition. In the event of a tie, head to head results (if available) will be used as a tiebreaker. If still tied, head to head results (if available) from the 2019 Kids of Steel Race Series will be used to break the tie. If still tied, a coin will be flipped to break the tie.

No athlete shall be named to a team that did not participate in a minimum of one Kids of Steel race.

Individuals interested in coaching or managing a regional team are asked to contact the [Triathlon Manitoba office](#). Team staff will be selected from those who have expressed interest or have been identified by Triathlon Manitoba.

### **FILL POLICY**

In the event there are not enough eligible athletes in a region, the following Fill Policy will be used to bring each region to a full roster of athletes.

Once the initial team selections are complete, remaining eligible athletes will be ranked using the criteria above, regardless of region, and in descending order will be assigned to empty spots on other regional teams. The regions will be randomized, but athletes will be spread out evenly (eg. If Region A has 2 empty spots and Region B has 1, athletes would be assigned Region A-Region B-Region A, not Region A-Region A-Region B) Athlete will compete for the Region in which they reside.

## **COMPETITION RULES**

The rules of the International Triathlon Union (ITU) and Triathlon Canada's Kids of Steel rules will apply to the competitions both in the regional competitions and the Manitoba Games. Copies of the full rules are available from Triathlon Manitoba. Basic rules are attached in Appendix A.

## **COURSE**

Triathlon Manitoba's 2020 MSG Committee will submit a race sanctioning package for approval to TriMB's Race Sanctioning Committee. The Race Sanctioning Committee will review and suggest any changes and/or improvements regarding the course and course set up. The package will be submitted no later than 60 days prior to the event date.

## **EQUIPMENT**

1. Swim caps are mandatory for lake swims
2. Wetsuits will be allowed for the swim if the water temperature is below 22°C
3. CSA-Approved bicycle helmets in good condition and proper fit must be worn during the bike portion of the event
4. A bike safety and regulation check will be performed prior to the Manitoba Games competition on the practice day and is mandatory at all qualifying competitions.
5. Both road bikes and mountain bikes will be allowed provided they meet ITU standards
6. Upper torso must be covered on the Bike and Run portions.

### **Bike regulations for ages 13 and under:**

1. No aero bars are permitted
2. Flat pedals and mountain bike style clipless pedal systems (where the shoe sole touches the ground BEFORE the cleat) with single- or double-sided SPD (mountain bike) pedals are permitted. No other clipless pedal systems are permitted for athletes 11 years and younger as of December 31/2020.
3. Athletes aged 12 or 13 may use mountain bike or road bike clipless pedals.
4. Extraneous accessories (e.g. Kickstands, horns, fenders, etc.) as defined in the ITU rulebook are not permitted.

### **Bike regulations for 14 and 15:**

1. Draft legal aero bars are permitted. Aero Bars must not extend forward of the brake levers. Brake levers and gears MUST be fastened to the handlebars, not aero bars.
2. Flat pedals and ALL clipless pedal systems are permitted. It is recommended that athletes entering the sport at any age use mountain bike-style pedal systems as they are much safer for transition and learning how to use clipless pedals.

### **Bike Equipment Rules: All Ages**

Pedal cages, toe straps (old style "toe clips"), and aero bars that extend past the brake hoods are NOT permitted at any age.

For clarification on any of the equipment rules, please visit the [Resource Section](#) of our website or contact Triathlon Manitoba at [triathlon.ed@sportmanitoba.ca](mailto:triathlon.ed@sportmanitoba.ca)

## **COMPETITIVE UNIFORM**

Participants must wear the uniforms provided by Triathlon Manitoba in their competition.

Athletes that wish to use wetsuits, if water temperature permits, are responsible to provide their own.

## **OFFICIALS**

Minimum certified Triathlon Manitoba Level I officials will be used at the provincial finals with the Head Official certified Level III.

## **PROVINCIAL FINAL COMPETITION SITES**

Riding Mountain National Park

## **PROVINCIAL FINAL COMPETITION DATES**

Individual Event - August 13, 2020

Relay Event - August 14, 2020

## **PROVINCIAL COMPETITION FORMAT**

### **Individual Event**

<b>Age Category</b>	<b>Swim</b>	<b>Bike</b>	<b>Run</b>
10 to 11 years	200m	5km	2km
12 to 13 years	300m	10km	3km
14 to 15 years	500m	10km	4km

### **Relay Event**

Format: Teams of four with each individual consecutively completing the whole course after an exchange by their teammate. The final time will be considered from the start of the first team-mate to the last team-mate crossing the finish line.

Team, composition/age groups (as of December 31, 2020):

Category 1 - 10 & 11 years

Category 2 - 12 & 13 years

Category 3 - 14 & 15 years

Race distances will be minimal.

Each team needs a minimum of 1 athlete from each gender on their team. Up to a maximum of 3 regional teams per age category will be allowed. Exceptions will be considered upon request in the open category to allow for maximum regional participation.

## **MEDALS**

Individual Event – Gold, silver and bronze medals will be awarded to the 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> male and female place finishers in the individual competition.

Regional relay event – No medals will be awarded, this is a fun event only.

Additional information may be obtained  
by contacting Triathlon Manitoba.  
Jared Spier, Executive Director  
145 Pacific Ave, Winnipeg, MB, R3B 2Z6  
204-925-5636  
[triathlon.ed@sportmanitoba.ca](mailto:triathlon.ed@sportmanitoba.ca)

## Appendix A – Basic Race Rules

1. All participants must wear approved helmets on the bicycle course.
2. Helmets must be fastened before touching the bike (after swimming). Helmet must remain fastened until the bike has been returned to the bike rack, after cycling.
3. Bike regulations as described in the Technical package are in effect. Complete descriptions on rules, with photos, are posted in the [Resource Section](#) of the Triathlon Manitoba website.
4. Participants must rack their bikes in the transition area. No riding of bicycles in the transition zone. You must get on and off your bike at the dismount line.
5. All athletes must have their torsos covered during the bike and run.
6. Drafting (riding right beside or behind someone) on the bike course is not permitted. The draft zone is 10m in length and athletes must not enter into that zone unless passing. Call out to the cyclist that you are passing and always pass on the left.
7. During the swim portion, no forward movement using bottom, lane ropes or wall is permitted. Athletes may stop to rest (stand up) but can ONLY move forwards by swimming. No flippers or propulsion devices are permitted.
8. Musical Devices will not be allowed on the course. Run Pacers will not be allowed on the course.
9. Participants must conform to the rules of fair play and good sportsmanship.
10. Parental assistance is not permitted on the race course or in the transition area once the race has begun. Any outside assistance may result in immediate disqualification.
11. The Officials may disqualify a participant who is in direct violation of the rules.
12. Follow the rules of the road. Keep to the right. No blocking.