



## 2024 MANITOBA SUMMER GAMES TECHNICAL PACKAGE

### SPORT: Triathlon

---

#### AGE CATEGORIES AND ELIGIBILITY

##### Age Categories:

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

- 10 and 11 years of age (born 2013 and 2014)
- 12 and 13 years of age (born 2011 and 2012)
- 14 and 15 years of age (born in 2009 and 2010)

##### Eligibility:

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

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

---

#### TEAM COMPOSITION

##### Athletes:

There will be 8 males and 8 females from each of the three age categories (3 in 10-11, 3 in 12-13 & 2 in 14-15), for a total of 16 athletes per region.

##### Staff:

There will be 1 coach and 1 manager for each region. One staff member must be female and the other must be male.

##### Total Team Size:

There will be a maximum of 18 participants per region.

---

## TEAM SELECTION PROCESS AND TIMELINE

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

- 2023 Peace Garden Duathlon; 2023 Riding Mountain Triathlon; 2024 Triple Threat Triathlon; 2024 St. Malo Triathlon; and at least three Manitoba Games Triathlon Clinics to be held during the 2023-24 winter season.

**Note: It is our goal to find a spot for all athletes participating in three qualifying events, regardless of placing. At least one of the qualifying events must be a Kids of Steel race** (so not only clinics). Athletes completing two qualification events will be given consideration after all three-event athletes have been placed on their teams.

In the event two athletes completed the same number of events, placements, and then head-to-head results (if available) will be used as tiebreakers. If still tied, a coin will be flipped to break the tie.

---

## COACH AND MANAGER ELIGIBILITY

- All coaches must complete their online Respect in Sport program by December 31, 2023; if named as a coach after December 31, 2023; the course must be complete within 1 month of appointment and prior to the Games. Coaches must also complete Manitoba Games Screening process.
- Must be 18 years of age or over as of January 1, 2024
- Coach/Manager must comply with all requirements in the General Rules of the 2024 Manitoba Games document.

---

## COACH AND MANAGER SELECTION PROCESS AND TIMELINE

Individuals interested in coaching or manager 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. Coach and managers will be selected by January 31, 2024.

---

## NUMBER OF TEAMS PER REGION

Winnipeg	2
South	1
West	1
East	1
North	0
<b>Total:</b>	<b>6</b>

## COMPETITION RULES

## 2024 Manitoba Summer Games Technical Package

The rules of World Triathlon and Triathlon Canada's Kids of Steel rules will apply to the competition both in the regional competitions and the Manitoba Games. Copies for the full rules are available from Triathlon Manitoba. Basic rules are attached in the Appendix A.

### Officials:

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

---

## COMPETITION FORMAT

### Individual Event:

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

### Relay Event:

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, 2024):

- 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 2 athletes from each gender on their team (2 male and 2 female). 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

---

## EQUIPMENT AND COURSE

### 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 vent

## 2024 Manitoba Summer Games Technical Package

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 and Equipment Rules (All Ages)

- Flat pedals and mountain bike style clipless pedal systems (where the shoe sole touched the ground BEFORE the cleat) with single or double-sided SPD (mountain bike) pedals are permitted. No other clipless pedal systems are permitted for athlete 11 years and younger as of December 31, 2024.
- Athletes age 12-15 may use mountain bike or road bike clipless pedals.
- Extraneous accessories (e.g. Kickstands, horns, fenders, etc.) as defined in the IT rulebook are not permitted.
- Pedal cages, toe straps (old style “toe clips”), and aero bars 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)

### Course:

Triathlon Manitoba’s 2024 Manitoba Summer Games 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.

---

## **COMPETITIVE UNIFORM**

Triathlon Manitoba will supply the competitive uniform for all Manitoba Games athletes.

Regional Team Colors will be used for non-competitive uniforms as follows:

- South – Red
- East – Grey
- North – Black or White
- West –Green
- Winnipeg Blue – Royal Blue
- Winnipeg Gold – Yellow

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

## **ATHLETE 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.

- Example: 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).

Athletes will compete for the Region in which they reside.

---

## **MEDAL REQUIREMENTS**

### 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.

### Total Medal Count:

Gold - 6	Silver - 6	Bronze - 6
----------	------------	------------

---

## **PROVINCIAL TECHNICAL ADVISOR ROLES AND RESPONSIBILITIES**

1. Provide sport technical knowledge to all aspects of the Manitoba Games.
  2. Assist in the development and understanding of the 2024 Manitoba Summer Games Sport Technical Package and sport schedules.
  3. Meet with all Manitoba Games partners as required.
  4. Work with Sport Manitoba Regional Staff and the Provincial Host Committee Sport Chairs to ensure successful competitions (i.e. officials, facilities etc.) at the regional and provincial level.
  5. Conduct or facilitate athlete, coach and official's development clinics.
  6. Be available to attend regional team selection events, attend the Manitoba Games, participate in the coaches meeting prior to the final competition and act as the chairperson of the Sport Appeal Committee at the Manitoba Games.
  7. Provide a written evaluation following the Manitoba Games
-

**CONTACT INFORMATION**

Additional information may be obtained by contacting the Manitoba Games Triathlon Provincial Technical Advisor.

Jared Spier – Executive Director  
204-925-5636  
[triathlon.ed@sportmanitoba.ca](mailto:triathlon.ed@sportmanitoba.ca)

Triathlon Manitoba, 145 Pacific  
Avenue  
Winnipeg, Manitoba, R3B 2Z6

## 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 retired 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 bike and run.
6. Drafting (riding beside or behind someone) on the bike course is not permitted. The draft zone is 10m in length and athletes must not enter the zone unless passing. Call out to the cyclist that you are passing and always pass on the left.
7. During 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 racecourse 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.