



Everyone Can Tri! Brownsville ISD Mini-Triathlon

Open to everyone, ages 6 and up.
A triathlon is 3 events within
one race. The traditional order is
swimming, biking, and running.

Saturday, March 5, 2011

8:30 AM Start Time

Margaret Clark Aquatic Center • 2901 FM 802 • Brownsville, Texas 78521

\$10.00 per person or \$30.00 per 3-person relay team

Race Categories

*Note: All triathlon categories can be done by one individual
or a relay team of 3 individuals, each completing one leg of the race.
Relay teams can be all male, all female or co-ed but must be in the same age category.*

Adult Mini-Triathlon (19 years of age and up)

400 meter SWIM / 13 mile BIKE / 5 K WALK OR RUN

Adult Micro-Triathlon (19 years of age and up)

200 meter SWIM / 8 mile BIKE / 1 mile WALK OR RUN

Youth (6-10 years of age)

100 meter SWIM / 1 mile BIKE / 400 meter WALK OR RUN

Youth (11-14 years of age)

200 meter SWIM / 2 mile BIKE / 800 meter WALK OR RUN

Youth (15-18 years of age)

200 meter SWIM / 2 mile BIKE / 800 meter WALK OR RUN

Race Information

Medals will be presented to 1st, 2nd, and 3rd place overall winners and in each category.
All participants will receive a t-shirt and swim cap.

Registration

Registration begins on Monday, February 7, 2011 from 8:00 AM - 5:00 PM at
the Clark Aquatic Center. Registration information is available online at
www.bisd.us/Aquatics_Center/. The registration fee is \$10.00 per person.

Relay teams are \$30.00. No refunds.

All registration fees will be used to defray the expenses of the mini-triathlon.

Packet Pick-Up

Packets may be picked up March 1 - 4, 2011 from
8:00 AM - 5:00 PM at the Clark Aquatic Center.
There is no registration on the day of the mini-triathlon.

Swim Start

All participants will start in the pool in about 5 second intervals.
Racers will be seeded for the swim according to their self-reported 100 meter swim time.
Racers will be organized into "flights" and seated in the stands
until their flights are called to the pool.
Flights will be led from the stands to the pool area one at a time.

Contact

Monica Rosales at (956) 698-0060 or e-mail mmrosales@bisd.us or
check the Aquatic Center website at www.bisd.us/Aquatics_Center/.

