



2024 ATHLETE GUIDE



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Welcome to the 15th annual Maple Grove Triathlon!

Over 1,000 athletes from across the nation will travel to Maple Grove Minnesota to compete in one of the toughest endurance sports around. Every athlete who steps up to the starting line has already done the hard part; you had the guts to register, and you've put in long hours of training.

We'd like to extend a very special "Thank You" to the City of Maple Grove Parks and Recreation for welcoming this event year after year to Weaver Lake Beach. The cities of Maple Grove and Corcoran also have been instrumental in making this a safe and enjoyable event each year.

More so, we extend our heartfelt appreciation to the more than 200 local volunteers who will be there to support your efforts and to celebrate your dedication. This race would not be made possible without them!

We want you to have a premier race experience, so we ask you to please take a few minutes to read through the information in this Athlete Guide.

It is our goal to produce a safe, challenging, and memorable event for every athlete. It's now time to believe in yourself and enjoy every moment of the race.

Thank you,

Maple Grove Tri Crew



SCHEDULE OF EVENTS

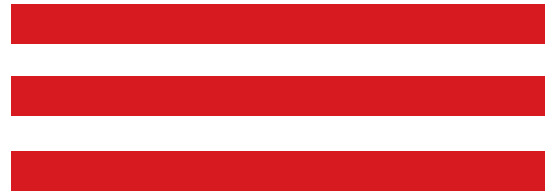
Friday, August 23rd

11:00am – 7:00pm	Mandatory packet pick up Optional bike check-in
12:00pm – 5:00pm	Gear West Bike & Tri on-site for bike tech support and sales
2:00pm	Athlete briefing
4:00pm	Athlete briefing
5:00pm	Splash & Dash transition opens
6:00pm	Splash & Dash start

Saturday, August 24th

5:00am	Transition opens for all distances
6:40am	Transition closes for all distances (no reentry)
6:45am	Race start for International distance
7:45am	Race start for Sprint distance
8:00am	Race start for Duathlon
9:00am	Race start for Super Sprint
11:00am(est.) – 1:00pm	Transition bike/gear checkout
11:00am(est.)	Awards ceremony

Note that transition opening for bike checkout and awards ceremony times are estimated and dependent upon clearing of the race course. If there are still cyclists on the course, transition cannot open.



PACKET PICK UP

All athletes are required to check-in and pick up their own registration packet on Friday, August 23rd between 11:00am and 7:00pm. There is no race day pick up option.

In order to successfully complete the packet pick up process, athletes need to provide a current driver's license or photo ID.

Individual Participants: Participating athletes may pick up ONLY their own packet.

Relay Teams: Relay teams may pick up as a team (all members present together at the same time) or the Team Captain may pick up for the team. **Captains must have a copy of each team members photo ID. NO EXCEPTIONS.**

Athletes are highly encouraged to attend one of the Athlete Briefings. We will review timelines, rules and provide details and last-minute tips for a successful race day.

Athletes will receive the following items during packet pick up:

- Swim cap
- Bike/helmet/gear bag numbers
- Bib number
- Race number tattoos

Timing chips will be pick up race morning at the same pavilion as Packet Pick Up.

What is in your packet?

Swim Cap

This cap is provided for your safety during the swim and must be worn during the entire swim. You will not be allowed in the swim staging area without it. One swim cap color will be issued for each race distance. Be alert and ensure that you start with the correct wave. Participants must start in their designated swim wave (please follow signage). NO EXCEPTIONS.

MAPLE GROVESM

Triathlon



Gear Bag Number

Your gear bag number should be placed on the outside of your gear bag. This can be any reasonably sized bag supplied by you the athlete (the race does not supply them) and dropped before the race starts at the Athlete Services Tent. This bag can be reclaimed by the athlete or any friend or family member who possess the athletes race bib.

Helmet Sticker

The helmet sticker should be applied to the front of your helmet so it is clearly visible.

Bike Stickers

Please adhere the large sticker across your bike's top tube or seat tube. This number will match the athlete tattoo and is mandatory for bike checkout.



Bib Number

Please wear your bib number on the front of your running shirt or shorts. The number **MUST** be visible while you run. Do not cut, fold, or alter your race number in any way.



Race Tattoos

You will be provided temporary tattoos for your arms. They should be applied before you arrive. If you are wearing a race suit with sleeves, your number should go on your forearm. There will be no body marking other than race tattoos.





Race T-Shirt

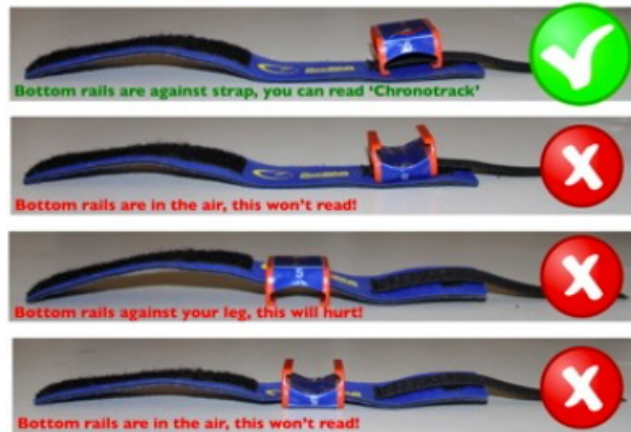
You will pick up your one of kind race t-shirt along with your race packet. Unfortunately, there will be no shirt size exchanges at the Packet Pick Up. However, if you need to exchange your shirt for a different size, you may do so on Race Day at the Athlete Services tent after the race. Shirt size exchanges will be based on availability.

Timing Chips

Timing chips will be picked up race morning 5:00-6:30 am at the same pavilion as Packet Pick Up

- Please wear the timing chip and strap on the outside left ankle at all times during the race in order to receive an official race time.
- If wearing a wetsuit, please strap the timing chip underneath the wetsuit to avoid it inadvertently falling off.
- Athletes must return your timing chip upon crossing the Finish Line. Volunteers will be on hand to collect timing chips and to help with chip removal.
- Those who do not finish are asked to please turn-in their timing chip into an event staff member.

Want your **time?** Wear your chip **correctly!**





ARRIVING AT THE RACE

A successful and safe race for all participants requires that all athletes, spectators, volunteers and staff abide by specific timelines, access points and security processes.

Athlete Drop Off

NO ATHLETE DROP OFFS CAN OCCUR ON MAPLE GROVE PARKWAY. We have strict orders from the police department to not allow this to occur due to obstruction of traffic flow. Please respect this request.

If riding with a family member or friend, please use 82nd Avenue North as a drop off location. Prepare to unload your gear close to the park without the rush of parking and walking on your own.

Parking

The best parking option for participants is at Weaver Lake Elementary School at 15900 Weaver Lake Road. Please allow approximately 10 minutes to walk to the park.

Athletes can also use public streets for parking on race day unless marked as no parking zone.

Note that the parking lot on the south side of Weaver Lake Park off of 82nd Avenue is reserved for handicap parking, volunteers, staff and VIP only.

Spectators and participant overflow can find parking at Boston Scientific at 1 Scimed Place.



TRANSITION AREA

Participants have the option to rack their bikes in the Transition Area on Friday between 11:00am and 7:00pm or on Saturday morning between 5:00 and 6:30am. Overnight security will be provided. WE do not recommend leaving any personal items (helmets, shoes, bags) in the transition area overnight in case of inclement weather. Bike tech will be provided by Gear West Bike & Tri both Friday and Saturday.

Transition area opens for all athletes at 5:00am on race morning.

- All bikes must be stickered prior to entering Transition.
- All athletes must be wearing a race number tattoo to enter Transition on race day.
- No spectators are allowed in Transition.
- Transition racks will be designated with athlete number stickers. Look at signs at the ends of the bike rack rows within the Transition area to locate your specific rack and spot.
- Once a bike has been checked into the Transition Area, it cannot be removed until after the start of the race for the bike leg.
- Athletes will need a bib number to reclaim bikes after the race.

Transition closes for all athletes at 6:40am on race morning. Once Transition closes, athletes will no longer be allowed to rack their bikes.

- Race Staff and Volunteers will close and secure Transition during the race to ensure the safety of all athletes.
- **Please do not ask to retrieve your bike or gear prior to Transition opening** (approximately 11:00am but subject to delay if athletes are still on course).
- **Anyone removing their bike before transition opens will be banned from Maple Grove Triathlon and USAT events.**
- Bike number stickers will be checked against bib numbers and race tattoos before bikes are permitted to exit Transition. Be prepared to show your tattoo and race number on your bike.
- Be courteous to fellow athletes, volunteers and race staff. Harassment of any kind or not following Transition rules will lead to disqualification.

MAPLE GROVE SM

Triathlon

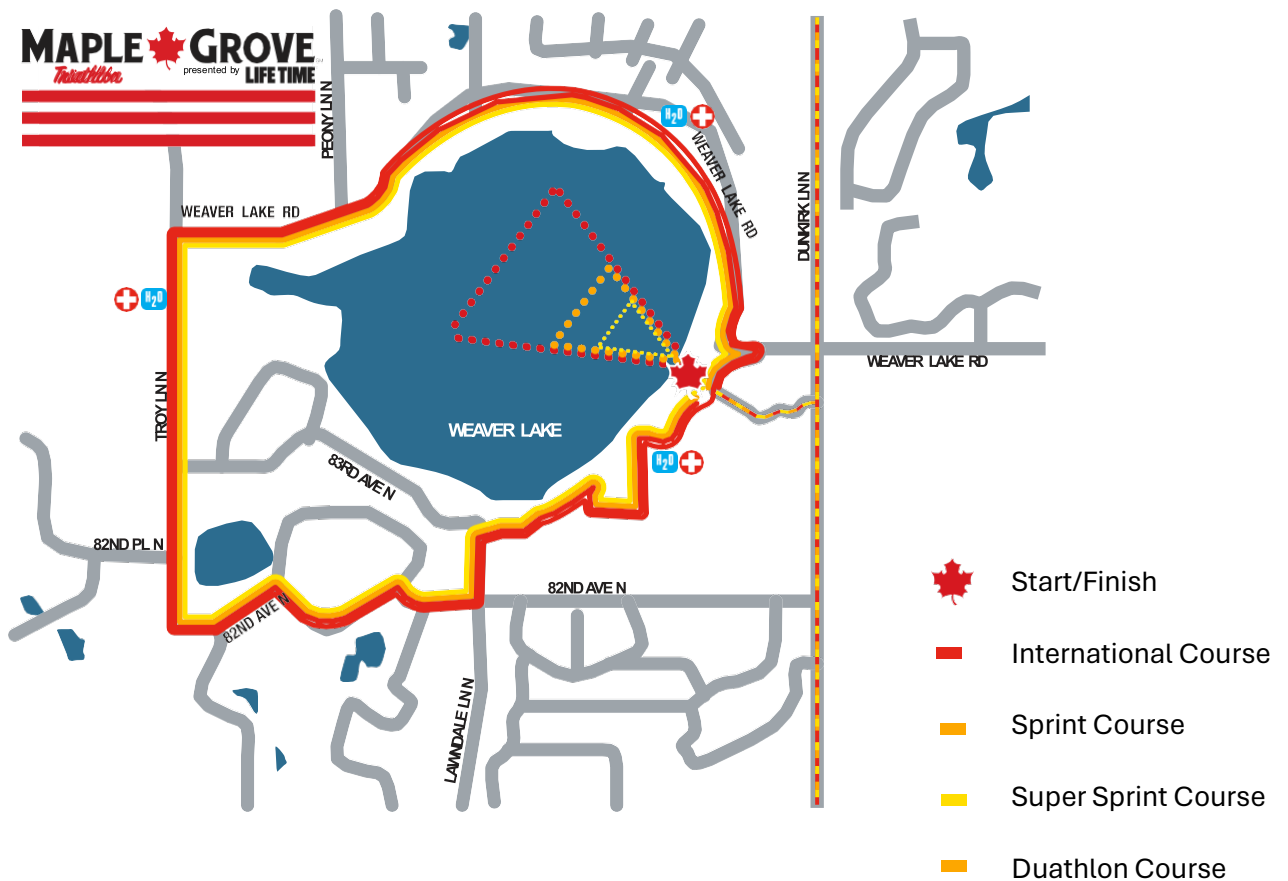


RACE COURSE

Race Distances

International Course	.93-mile swim	23-mile bike	6.2-mile run
Sprint Course	.47-mile swim	11-mile bike	3.1-mile run
Super Sprint Course	.25-mile swim	5-mile bike	3.1-mile run
Duathlon Course	3.1-mile run	11-mile bike	3.1-mile run

RUN/SWIM COURSE





Swim Course

Athletes are able to warm up for the event on the north side of the beach Saturday morning. Athletes are NOT to be in the water to practice on Friday while the swim course is being set up.

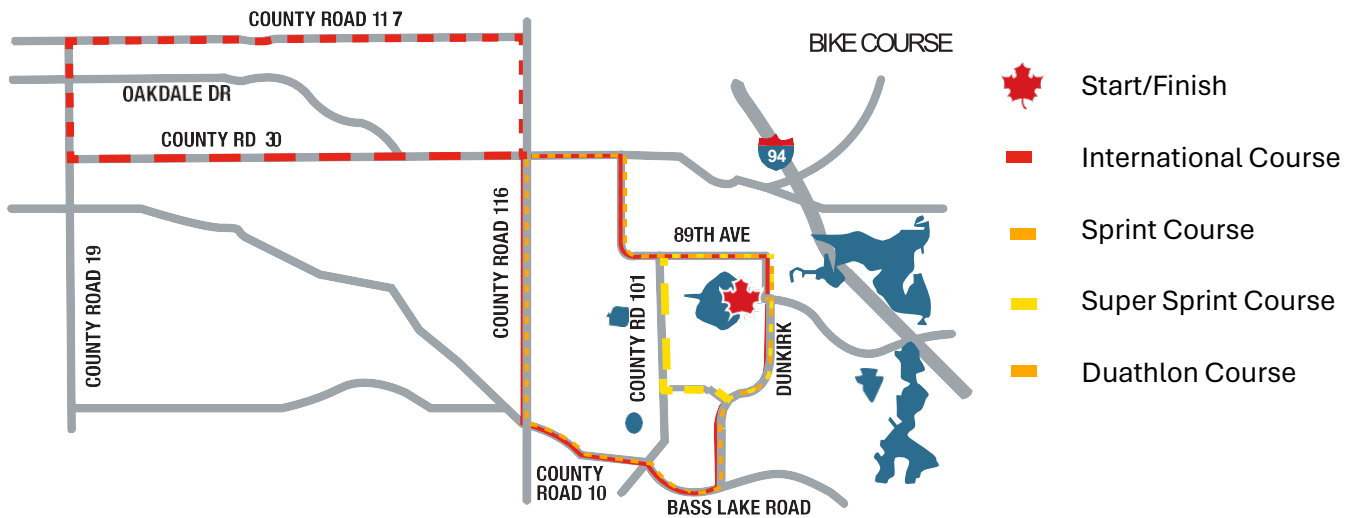
Athletes will begin the Swim from the beach. Elite and Collegiate waves will utilize a mass start while others will use a time trial start (two athletes starting every three seconds). Athletes will line up near the Start Line according to their dedicated wave starts.

All swimmers will complete a triangular, clockwise loop around Weaver Lake. Swimmers will only make right turns, staying to the left of their respective marker buoys.

- Large red buoys will mark the international turns.
- Large yellow buoys will mark the Sprint turns.
- Green buoys will mark the Super Sprint turns.



BIKE COURSE



Bike Course

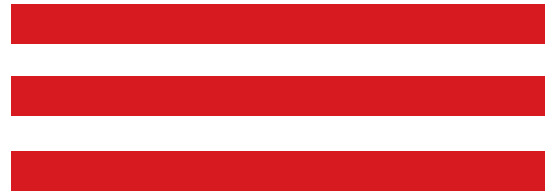
The Bike course is open to traffic on parts of the course. This requires athletes to ride with caution and be aware of their surroundings. There will be police and volunteer support out on the course for safety.

Each race distance will ride a one loop course. The bike course is fairly straight forward, but there are two key areas where athletes will make a turn based upon their specific event. We will have signs on course marking these two locations. Signs will be colored to match the events bib color. **However, it is the athlete's responsibility to know their race course and know where to turn.**

We strongly recommend you review the event course map and pre-ride or drive the course before race day. Law enforcement will be present to direct traffic and volunteers will help steer athletes at corners, but the responsibility to make the correct turns comes down to you the athlete.

MAPLE GROVE SM

Triathlon



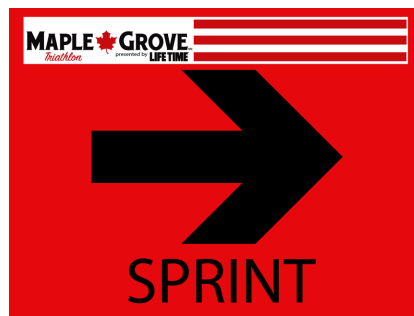
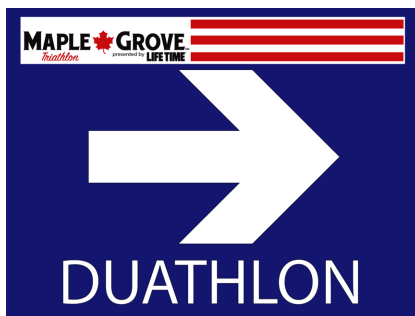
All athletes leave the park and turn right (south) onto Maple Grove Parkway.

Super Sprint distance athletes will make a right turn from southbound Maple Grove Parkway to Lawndale Lane North. This corner will be marked with a yellow sign. Please continue to follow yellow signs for further turns.



International and **Collegiate** athletes will turn left on CR 30. **Sprint** and **Duathlon** athletes will turn right on CR 30. Please follow the signs for your event.

The roads at this intersection are also labeled Fletcher Lane (CR116) and 97th Avenue (CR30).



MAPLE GROVE SM

Triathlon



Run Course

The run course follows the park path west through the ball fields then drops you into the neighborhood at 83rd Ave North. Run west to Lawndale Lane North and take a left to head south. Next, take a right on 82nd Avenue North and head west. When you hit the “T”, turn left to continue on 82nd Avenue North. You hit another “T” and go left to continue on 82nd Avenue North. At County Rd 101 (Troy Lane North) you take a right onto the path that parallels the road to head north. Turn right onto Weaver Lake Drive and follow Weaver Lake Drive as it brings you around back to the park. Follow the path that brings you into the lower level of the park.

Stay right and head into the finish line if you have done your required distance, or stay left running past the finish line, merging with athletes coming out of transition to begin your 2nd loop. As you run through the neighborhoods around the lake, please be respectful to these communities and stay out of the middle of the road as they are open to car traffic.

Relay Teams

The Relay pen will be located near the Run Out flag. Swimmers will meet their biker and pass their timing chip to the biker at this location. Only the biker of the Relay team will be allowed to enter Transition. Biker will complete the course, come back to transition, rack their bike, and return to the relay pen to exchange timing chip with runner for the final run. Athletes can enter the relay pen from South corner of the transition area.

Duathlon

The first run portion will start from just outside the relay pen inside the transition area. Look for the Duathlon Start sign. You can enter the staging area from the South end of the transition area. *Please do not walk over the timing mats* from the Swim In area that racers will be coming through at the time of your race. The Duathlon will start in a time trial fashion. All Duathletes should congregate at the Duathlon Start Area at 7:50.

After completing the first run leg, you will reenter Transition from the Run Out chute and proceed to the Bike Course like other racers.



WAVE START

The Maple Grove Triathlon will utilize a combination of mass starts and time trial starts to help provide a smooth Swim Start sequence.

- Elite and Collegiate Divisions will begin in a mass start.
- High School Championship will begin with their respective age groups.
- All other divisions will utilize a time trial start from land with two (2) athletes being released into the water every three (3) seconds.
- You are encouraged to enter the water with your wave, but if you miss your start time, you can enter with another wave.
- There are beginner and buddy waves at the end of each distance start.

It is important to note that wave times listed below are guidelines, waves will most likely move faster than times listed. To be safe, we recommend all athletes be at the start area at least 15 minutes before the time their distance (not wave) is scheduled to start.

***PLEASE ARRIVE EARLY. THESE TIMES ARE AN ESTIMATE**

International Distance

WAVE #	DIVISION	START TIME	START TYPE	CAP COLOR
1	COLLEGIATE MALES	6:45 AM	MASS START	GREEN
2	COLLEGIATE FEMALES	6:47 AM	MASS START	GREEN
3	PREMIER MALES	6:50 AM	MASS START	WHITE
4	PREMIER FEMALES	6:52 AM	MASS START	WHITE
5	ALL RELAYS	6:53 AM	TIME TRIAL	WHITE
6	MALES 19 & UNDER	6:54 AM	TIME TRIAL	WHITE
7	FEMALES 24 & UNDER	6:55 AM	TIME TRIAL	WHITE
8	MALES 20-29	6:56 AM	TIME TRIAL	WHITE
9	MALES 45-49	6:57 AM	TIME TRIAL	WHITE

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Triathlon



10	MALES 35-39	6:58 AM	TIME TRIAL	WHITE
11	MALES 55-59	6:59 AM	TIME TRIAL	WHITE
12	FEMALES 40-44	7:01 AM	TIME TRIAL	WHITE
13	MALES 40-44	7:02 AM	TIME TRIAL	WHITE
14	MALES 50-54	7:04 AM	TIME TRIAL	WHITE
15	MALES 30-34	7:05 AM	TIME TRIAL	WHITE
16	FEMALES 25-39	7:06 AM	TIME TRIAL	WHITE
17	FEMALES 45-54	7:07 AM	TIME TRIAL	WHITE
18	FEMALES 55-64	7:08 AM	TIME TRIAL	WHITE
19	MALES 60+	7:09 AM	TIME TRIAL	WHITE
20	FEMALES 65+	7:10 AM	TIME TRIAL	WHITE
21	BUDDY WAVE	7:11 AM	TIME TRIAL	WHITE
22	FIRST TIMER WAVE	7:12 AM	TIME TRIAL	WHITE

Sprint Distance

WAVE #	DIVISION	START TIME	START TYPE	CAP COLOR
23	ALL RELAYS	7:45 AM	TIME TRIAL	RED
24	FEMALES 19 & UNDER	7:46 AM	TIME TRIAL	RED
25	MALES 29 & UNDER	7:47 AM	TIME TRIAL	RED
26	MALES 35-44	7:48 AM	TIME TRIAL	RED
27	FEMALES 20-29	7:49 AM	TIME TRIAL	RED
28	MALES 30-34	7:50 AM	TIME TRIAL	RED
29	MALES 65-69	7:51 AM	TIME TRIAL	RED
30	FEMALES 35-49	7:52 AM	TIME TRIAL	RED
31	MALES 45-49	7:53 AM	TIME TRIAL	RED



32	MALES 60-64	7:54 AM	TIME TRIAL	RED
33	FEMALES 30-34	7:55 AM	TIME TRIAL	RED
34	FEMALES 60-69	7:56 AM	TIME TRIAL	RED
35	MALES 50-59	7:57 AM	TIME TRIAL	RED
36	FEMALES 50-59	7:58 AM	TIME TRIAL	RED
37	MALES 70+	7:59 AM	TIME TRIAL	RED
38	FEMALES 70+	8:00 AM	TIME TRIAL	RED
39	PARATRIATHLON OPEN	8:01 AM	MASS START	RED
40	BUDDY WAVE	8:04 AM	TIME TRIAL	RED
41	FIRST TIMER WAVE	8:05 AM	TIME TRIAL	RED

Duathlon

	ALL DUATHLETES	8:00 AM	TIME TRIAL	NONE
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Super Sprint

WAVE #	DIVISION	START TIME	START TYPE	CAP COLOR
42	ALL MALES	8:30 AM	TIME TRIAL	YELLOW
43	ALL FEMALES	8:31 AM	TIME TRIAL	YELLOW
44	BUDDY WAVE	8:32 AM	TIME TRIAL	YELLOW
45	FIRST TIMER WAVE	8:33 AM	TIME TRIAL	YELLOW

***PLEASE ARRIVE EARLY. THESE TIMES ARE AN ESTIMATE**



SAFETY AND AMENITIES

Event Alert System

This race will employ the EAS system, encompassing a color-coded system to display current event conditions.

ALERT LEVEL	EVENT CONDITIONS	RECOMMENDED ACTIONS
EXTREME	EVENT CANCELED/EXTREME AND DANGEROUS CONDITIONS	PARTICIPATION STOPPED FOLLOW EVENT OFFICIAL INSTRUCTIONS
HIGH	POTENTIALLY DANGEROUS CONDITIONS	SLOW DOWN / OBSERVE COURSE CHANGES / FOLLOW EVENT OFFICIAL INSTRUCTION / CONSIDER STOPPING
MODERATE	LESS THAN IDEAL CONDITIONS	SLOW DOWN / BE PREPARED FOR WORSENING CONDITIONS
LOW	GOOD CONDITIONS	ENJOY THE EVENT BE ALERT

Participants will notice flags posted in transition, as well as near the athlete services tent. Please be attentive to conditions and adjust your activities accordingly. In the event that lightning occurs along the course, please immediately seek shelter under a permanent structure.

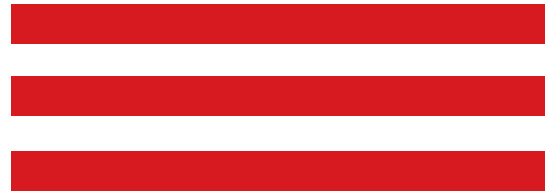
Medical Support

The Medical Tent will be located in the Finish Chute area staffed by the professionals from Odom Sports Medicine. Should you experience any medical issues, please notify the nearest official or Aid Station who will dispatch appropriate medical attention. Please be sure to hydrate well with the heat expected.

Aid Station Information

Fluids will be available before, during and after the event.

- Pre-race: Water will be provided along the south end of Transition.
- Bike Course: There will be no aid stations on the Bike course.
- Run Course: Water will be served at Aid Stations approximately located at miles .5, 1.5, 2.5, 3.5, 4.5, and 5.5. Gatorade and water will be available at miles 2.5 and 5.5.



Restroom Facilities

Portable toilets will be available in Transition, near the Start Line, Finish Line, Run Aid Station at mile 1.5/4.5 and in the spectator area.

Post-Race Food

Water and sports drink will be provided at the Finish Line, along with snacks and bananas.

Course Cut Offs

In order to adhere to city and park permit timelines, this event requires athletes to make continual forward progress. Each discipline will close at these specific times:

- Swim Course: The International Swim Course will close one hour after the start of final International wave. The Sprint Course will close 30 minutes after start of final Sprint wave. The Super Sprint Swim Course will close 20 minutes after the final Super Sprint wave.
- Bike Course: The Bike Course will close at 11:00 a.m.
- Run Course: The Finish Line will close at 12:00 p.m.



YOUTH SPLASH & DASH

Packet pick-up for the Youth Splash & Dash will be on Friday from 11am to 5pm at Weaver Lake Park.

Transition will open at 5pm and is located on the basketball court near packet pick up. Transition will be grouped into two zones (junior and senior). Athletes will be free to stage their equipment in their chosen area inside their designated zone.

Kids will not be allowed in the water until all lifeguards are staged. Volunteers will help coordinate this process. Kids should stage on the beach at 5:45pm for race briefing and safety talk. Athletes will enter the water 2 at a time every 3 seconds.

Wave grouping and start times will be:

- Seniors, ages 11-15, starting at 6:00pm
- Juniors, ages 7-10, starting at 6:10pm (approximately)

A single aid station will be set up with water as the athletes exit the transition. Senior athletes will pass the aid station a second time as they begin their second run lap. All running will be on path, no running on the street please.

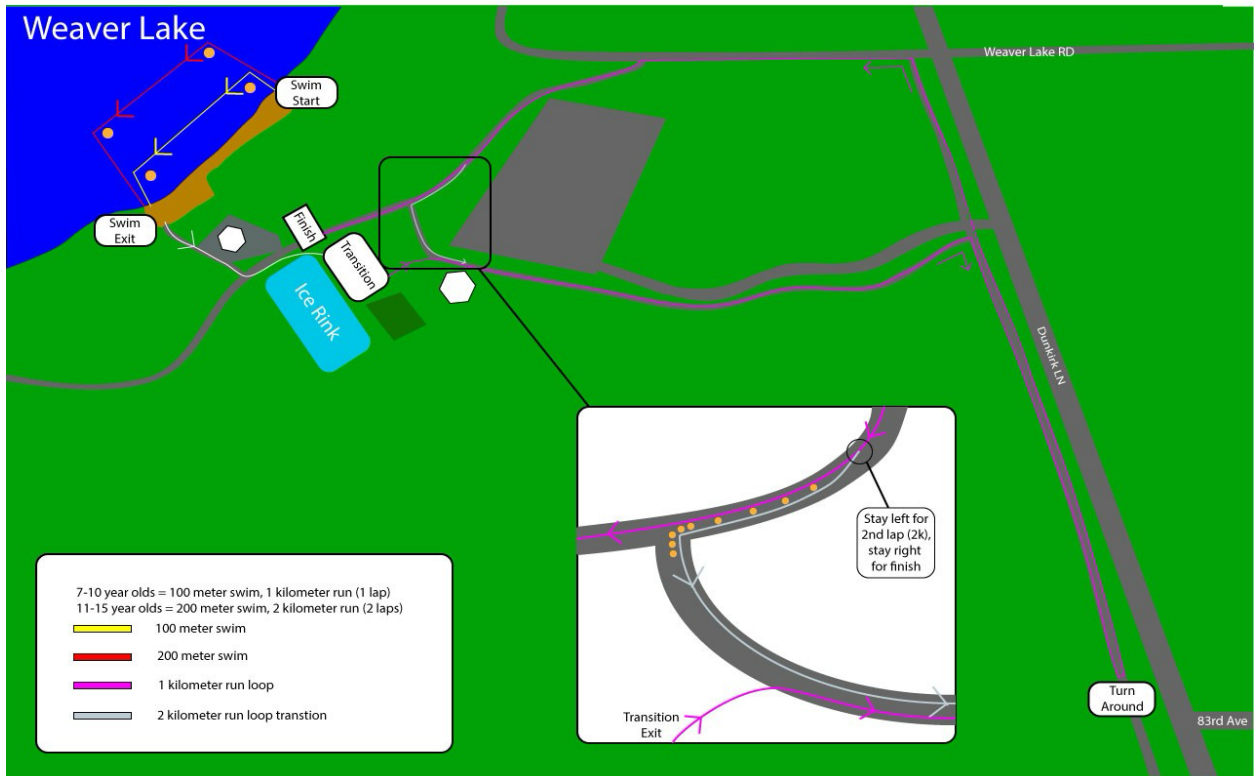
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Triathlon



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Triathlon





USA TRIATHLON INFORMATION & RULES

This race is a USA Triathlon (USAT) sanctioned event. All USAT rules apply.

- USAT annual members must enter their USAT member number during registration.
- If you are not a current USAT annual member, you will be required to purchase a one-day membership.
- A youth annual membership fee is \$15 (1-day license not offered).

Per USA Triathlon rules, we will be enforcing the Age-Up Rule. All age group athletes must participate and compete in the age group division corresponding to the athlete age on December 31, 2024.

Rules for a few of the most frequently asked questions are noted below. For complete USAT Rules, please visit www.usatriathlon.org. Each athlete is responsible for knowing all pertinent USAT rules for this event.

Helmets: Only helmets approved by the US Consumer Product Safety Commission (CPSC) may be used in USAT sanctioned events. Helmets must be worn at all times while on your bike. This means before, during, and after the event. Penalty: Disqualification

Transition Area: All equipment must be placed in the properly designated and individually assigned bike corral. The wheel of the bicycle must be down on the side of the assigned space. All participants must return their bicycles to an upright position in their designated bicycle corral. No person shall interfere with another participant's equipment or impede the progress of another participant. All bar ends must be solidly plugged. No participant shall bring ANY glass containers into the Transition area. Penalty: Time penalty or disqualification

Chin Straps: Chin straps must be fastened at all times when on a bicycle. DO NOT unbuckle your chin strap unless you are off your bicycle. Penalty: Disqualification (on course); time penalty (in Transition).



Unauthorized Assistance: No assistance other than that offered by race and medical officials may be used. Triathlons and duathlons are individual tests of fitness. Penalty: Time penalty

Drafting: Keep at least three bike lengths of clear space between you and the cyclist in front. If you move into the zone, you must pass within 15 seconds. Penalty: Variable

Position: Keep to the right-hand side of the lane of travel unless passing. Penalty: Variable

Illegal Pass: Cyclists must pass on the left, not on the right. Penalty: Variable

Blocking: Riding on the left side of the lane without passing anyone and impeding other cyclists attempting to pass. Penalty: Variable

Overtaken: Once passed, you must immediately exit the draft zone from the rear, before attempting to pass again. Penalty: Time penalty

Full Course: All competitors are required to follow the prescribed course and to stay within all coned lanes. Cutting the course is an obvious violation and going outside the course is a safety issue. Cyclists shall not cross a solid yellow center line for ANY reason. Cyclists must obey all applicable traffic laws at all times. Penalty: Referee's discretion, time penalty or disqualification

Unsportsmanlike Conduct: Foul, harsh, argumentative or abusive language or other unsportsmanlike conduct directed at race officials, USA Triathlon officials, volunteers, spectators or fellow athletes is forbidden. Penalty: Disqualification

Headphones and Mobile Phones: Headphones, headsets, walkmans, iPods, mp3 players, or personal audio devices, etc. are not to be carried or worn at any time during the race. Telephones may be carried, but must be stored out of sight, and in the "off" position. A participant may only use the phone when dismounted, off course, and not making forward progress. Penalty: Time penalty

Race Numbers: All athletes are required to wear race numbers at all times during the run. Numbers must be clearly visible at all times. Numbers may not be altered in any way that prevents a clear identification. DO NOT transfer your number to any other athlete or take a number from an athlete that is not competing. Penalty: Time penalty for



missing or altered number, Disqualification and one year suspension from membership in USAT for transferring a number without race director permission.

Abandonment: All personal equipment and belongings taken out onto the course must stay on the athlete the entire time. No garbage, clothing, etc. shall be thrown on the course. Penalty: Time penalty

Wetsuits

Each age group participant shall be permitted to wear a wetsuit without penalty in any event sanctioned by USA Triathlon up to and including a water temperature of 78 degrees Fahrenheit. When the water temperature is greater than 78 degrees but less than 84 degrees Fahrenheit, age group participants may wear a wetsuit at their own discretion, provided, however that participants who wears a wetsuit within such temperature range shall not be eligible for prizes or awards. Above 84 degrees, wetsuits are prohibited.

Transition Area Conduct

For safety reasons during the race, you are not permitted to ride your bike into or out of the Transition area - you must walk or run your bike. There will be clearly marked mount and dismount lines; please obey them for your safety and for the safety of spectators and other participants. Watch for other athletes as you move through the Transition area and follow the instructions of race officials and volunteers. No glass containers are allowed in the Transition area.

Dropping Out

If you drop out of the race FOR ANY REASON, it is imperative that you notify a Race Official or Race Staff immediately and return your timing chip to them or the Timing Tent located at the Finish Line.



RESULTS AND AWARDS

Results are available by scanning the QR code on your race bib.

All finishers will receive a Finisher Medal. The Awards Ceremony will be held at approximately at 11:00am but is dependent upon final age group athletes completing the course.

International & Sprint Distance

Awards will be given to the top 3 overall male and female finishers in the following divisions:

- Premier Athletes (International only)
- Collegiate Athletes (International only)
- High School Athletes (Sprint only)
- Overall Age Group
- Age Groups: 19 & Under, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49,
- 50-54, 55-59, 60-64, 65-69, 70-75, 80-85, 85+
- Paratriathlon
- Relay Teams

Super Sprint Distance

Awards will be given to the top 3 overall male and female finishers.

Duathlon

Awards will be given to the top 3 overall male and female finishers, as well as the top 3 relay teams.



GENERAL INFORMATION

Athletes with Special Needs

The event will provide a special needs table at the Swim Exit for those athletes who will need eyeglasses, inhalers, para athlete needs, etc. immediately after the swim portion of the race. Athletes are responsible for handing their items to a volunteer for placement on this table as they head to the Swim Start.

Spectator Information

Spectators will be able to see their athletes at various points along the course, primarily the swim start, swim exit, bike start, entrance to transition, the run start and at the finish. Crosswalks will be set up to allow spectators to see athletes during the race.

Non-race personnel and spectators are not permitted to assist athletes in any way. Those who receive outside assistance (of any type) have an unfair advantage over their competition. If athletes are seen accepting assistance, they are subject to time penalties or disqualification. Families and spectators must stay off the course and may not enter the Transition area or the Finish Line chute. Please be respectful of all participants. Staff may disqualify any athlete who brings family or friends into Transition. **ONLY ATHLETES ARE PERMITTED IN TRANSITION AND FINISH LINE.**

Children

Parents, please supervise your children at all times. The race site and course are busy and potentially dangerous areas.

Pets

We recommend leaving pets at home. If there are any pets on site, they must be leashed at all times.

Photography/Social Media

We'd love to see your race weekend photos- use our hashtag all weekend long! #MGTri #RaceLocal

Volunteers

This event requires hundreds of volunteers to dedicate their time during the weekend. Please remember to thank them as you see them during all aspects of the event! The Maple Grove Triathlon would not be possible without them.



Lost And Found

Lost and Found items should be turned in or claimed at the Athlete Services/ Volunteer Tent. Unclaimed items will be relocated to the Krank Warehouse following the event. Items remaining after 30 days will be donated to a local charity.

Personal Belongings/Valuables

Please make sure any valuables left in your car are not out in the open. We recommend you leave them at home. This also pertains to Swim Gear Check, as the race will not be liable for any lost or stolen items. Anything you take with you on the course must remain in your possession. With exception of dedicated aid stations, no garbage, clothing, etc. may be thrown on the course.