



August 13th

Triathlon

Castor Alberta

Prices Adult Child

Early \$70 \$40

Regular \$80 \$45

Late \$90 \$50

Registration includes: t-shirt and water bottle.

All participants must have an approved bike helmet.

To register or for more info contact the pool at

403-882-3020 or caspool@telus.net.

Full Tin Man (individuals & team): 500m swim, 15km bike, 5km run

1/2 Tin (individual): 250m swim, 7.5km bike, 2.5km run

Tin Can (14 and under): 100m swim, 5km bike, 1.5km run

Tin Bit (8 and under): 25m swim, 0.8km bike, 0.25km run