



Fact sheet

WHERE: All events based at South Seas Island Resort
WHAT: The 6th annual Galloway Captiva Tri
WHEN: Saturday-Sunday, Sept. 10-11
WHO: Presented by Southwest Florida Events Inc.
WHY: Presenting multisport events to promote fitness and raise funds for local charities

Sprint triathlon (ages 13+)

DATE: Sunday, Sept. 11, 2016
REGISTRATION:
\$85 for elite wave, (athletes must meet criteria*), \$95 through July 31; \$105 beginning Aug. 1 **no refunds, deferments or substitutions**
\$75 standard individual through May 31; \$85 through July 31; \$95 beginning Aug. 1; **no refunds, deferments or substitutions**
\$180 team through May 31; \$200 through July 31; \$220 beginning Aug. 1 or earlier if capacity is reached; **no refunds, deferments or substitutions**
Registration closes August 15 or earlier if capacity is reached
DISTANCES: Swim: 440 yards (0.25 mile)
Bike: 10 miles
Run: 3.1 miles (5K)
COURSE: Swim: point-to-point, open water, Gulf of Mexico
Bike: out and back, South Seas Island Resort and Captiva Drive to Blind Pass (roads will be closed to regular traffic during the race, emergency vehicles will have access)
Run: South Seas golf course, two loops
START: Swim start in waves at 7:15 a.m.; Wave starts by age group and gender except the first wave which will be reserved for qualifying elite amateurs.
FINISH: Course will be swept by 10 a.m.
AWARDS: Top 3 amateur elites by gender and top 3 finishers by age group & gender.
CAPACITY: 750
USA Triathlon sanctioned
CHARITY: Community Cooperative's Healthy School Pantry Program

* Elite Amateur participants will be seeded in the opening wave, competing head-to-head with other elite amateur triathletes for awards three deep by gender.

QUALIFICATION REQUIREMENTS

To compete in the Elite Amateur competition, an athlete must meet the following criteria:

- Male athletes must show proof of completing a USAT sanctioned sprint triathlon in 2014-2015 in a total time of 1:00 or better.
- Female athletes must show proof of completing a USAT sanctioned triathlon in 2014-2015 in a total time of 1:10 or better.

Elite Amateur athletes will be asked to provide proof of eligibility when registering through the website. The race staff of Galloway Captiva Triathlon reserves the right to refuse entry into the Elite Amateur competition and there will be no refunds if participants are reassigned out of the Elite Amateur competition.

Children's triathlon

DATE: Saturday, Sept. 10, 2016

REGISTRATION: \$25 through Aug. 15 or earlier if capacity is reached; **no refunds, deferments or substitutions**

DISTANCES Ages 6-8: 100 yard swim, 1.5 mile bike, 0.5 mile run

Ages 9-10: 100 yard swim, 1.5 mile bike, 0.5 mile run

Ages 10-13: 200 yard swim, 3 mile bike, 1 mile run

START: Swim start ages 6-8 event (staged waves) at 7:30 a.m.; ages 9-10 event (staged waves) tentative start at 7:50 a.m.; ages 11-13(staged waves) tentative start at 8:15 a.m.

FINISH: Course will be swept at 9:20 a.m.

CAPACITY: 70 athletes; ages 6-8; 70 ages 9-10, 70 ages 10-13

Athletes must be USA Triathlon members

USA Triathlon sanctioned

MEDALS: All finishers will receive medals. The kids' races are not timed and no awards are given.

CONTACTS: Kate Gooderham, certified race director -- (239) 489-2616 (office) or (239) 850-8736 (cell)

Angie Ferguson, certified race director -- (239) 246-2920 (cell)

Captivatri@gmail.com

www.captivatri.org

Packet Pick up: Adult packet pick up will be held Thursday, Sept. 8 from 5-7 p.m. at Galloway Ford; Friday afternoon Sept. 9 from 4-6 p.m. at Chadwick Square at South Seas Island Resort and Saturday afternoon from 2:30-5:30 at Chadwick's Square at South Seas Island Resort. **There will be NO packet pick up on race day, Sept. 13.** Children's packet pick up will be held Thursday, Sept. 8 from 5-7 p.m. at Galloway Ford; Friday afternoon Sept. 9 from 4-6 p.m. at Chadwick's Square at South Seas Island Resort and Saturday morning 6:15 -7 a.m. at South Seas Island Resort in the expo area or under the Harbourside Hotel Rooms in case of rain.

Clinics: There will be a 10:30 a.m. transition clinic on the West Lawn at South Seas and is part of the registration. In addition, we are offering fee based special clinics. Contact Coach Angie for more information at angie@gearedup.biz.

- Master the triathlon swim; ongoing private lessons. Own the swim leg of you race.
- Open water swim clinics; July and August.

Charity: Proceeds from the 2016 race will benefit the Community Cooperative Ministries Inc.'s (CCMI) Healthy School Pantry and Backpack program.

Bicycle Rentals: Triathlon bicycles can be rented through Billy's Bicycles <http://www.billysrentals.com/rentals/> or Trek Bicycle Store <http://trekbikesflorida.com/>

Official Hotel: South Seas Island Resort. Note: there is a two night minimum and rooms are limited. Call 1-888-707-7888.