



Hello Junior Tri-Athletes,

The summer racing season is upon us, and most of you are finishing school soon (or already done). **One of the focuses of Tri NB this summer is to promote Junior level races in the province.** This year should be exciting in that junior athletes will start to have the opportunity to race the similar course of the seasoned senior level athletes. There are a lot of fast, Junior swimmers, runners and cyclists in the province that need to come out and show the adults how they race, and there are a lot of keen Juniors that are interested in trying racing for the first time. **Tri NB is here to help each Junior (experience or not) train properly, learn proper technique, learn race strategy, learn drafting principles, be competitive and *more importantly have fun.***

Contact Jon Tracy at tricoach@live.com for more information and <http://www.atlanticchip.ca/events/?show=memberships> to register for the Tri NB Junior Team

I had a discussion with the race directors at the AGM (annual general meeting) last fall about including junior age group (14-15 yrs old) race distances within existing races in the province. I had a lot of positive feedback about race directors including junior age categories in their races. Some races have been confirmed, with some still yet to be confirmed. Below is the current list of Junior (14-15 yrs) race's occurring in the province (as I get confirmation I will update the list). **Check Triathlon New Brunswick's (www.trinb.ca) website for more detailed information.**

Table 1. Summary of Race Distances and Equipment by Age Category

Age Divisions	Maximum Race Distance (Swim / Bike / Run)	Race Equipment	Gearing (recommended)
7&Under*	Up to 50m - 1.5km - 500m		
8-9yrs	Up to 100m - 5km - 1km	<ul style="list-style-type: none"> No aero bars permitted Clipless pedals permitted (recessed cleat, entry on both sides of pedal) Wheels: minimum 16 spokes, 2.4mm maximum spoke depth, metal rim, 25mm maximum rim depth, 23C minimum tire width 	45 x 16
10-11yrs	Up to 200m - 5km - 2km		
12-13yrs	Up to 300m - 10km - 3km		
14-15yrs	Up to 500m - 10km - 4km	<ul style="list-style-type: none"> Draft-legal aero bars permitted All clipless pedal systems permitted Wheels: most race wheels permitted as per UCI rules, 60mm maximum rim depth 	52 x 16
16-19yrs	Up to 750m - 20km - 5km		
18-19yrs	Up to 1.5km - 40km - 10km	<ul style="list-style-type: none"> Non-drafting aero bars permitted All clipless pedal systems permitted Wheels: all race wheels permitted in accordance with ITU non-drafting wheel rules 	N/A

*NOTE: Race distances for 5 years and younger should be substantially shorter than the 7&Under maximum

New Brunswick Races

- Moncton Duathlon - June 6th
- Hampton Womens Only Triathlon - June 13th
- Gagetown Triathlon June 27th
- Fredericton Triathlon July 4th
- Sackville Triathlon August 21st

Out of Province Races

- **Bridgetown Triathlon, Nova Scotia Junior Provincials 1st August**
 - *Junior club(14 and older) will have the option to travel as a team (with chaperones/parents) to do this race*



Thank you,

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