



## **2011 SheROX San Diego Triathlon – October 16th, 2011**

**Start time: 7:00 AM**

**Location:**

**South Shores Park  
Mission Bay Parkway  
San Diego, California 92109**

**Distances:** Sprint .75K (.5 mile) swim, 20K (12.4 mile) bike, 5K (3.1 mile) run  
Super Sprint .375K (.23 mile) swim, 10K (6.2 mile) bike, 2.5K (1.58 mile) run

**Saturday, October 15, 2011 - Expo and Packet Pickup**

**10:00 a.m. - 4:00 p.m.**

**South Shores Park  
Mission Bay Parkway  
San Diego, CA 92109**

**Sunday, October 16, 2011 - Race Day**

**5:00 a.m. Transition area opens**

**6:45 a.m. Transition area closes**

**7:00 a.m. Race begins**

**8:30 - 11:00 a.m. Post-race celebration, finish area**

**Refund and Deferral Policy**

**There are no refunds and no transfers of applications. We do allow entries to be deferred into 2012. Requests for deferrals must be made by completing a deferral form by midnight EDT the night before the 2011 race date. You do not need a doctor's note to defer; you can defer for any reason. You will not receive a refund for your 2011 entry fee, and you will be required to pay the full fee for 2012, but a slot will be reserved for you for the 2011 race. Instructions for entering the 2012 race will be sent to you around the time that 2012 registration opens. For more information, please visit our website.**

WOMEN'S TRIATHLON SERIES  
 SAN DIEGO, CA  
 OCTOBER 16, 2011  
 WAVE ASSIGNMENTS

WAVE	CAP COLOR	RACE	CATEGORY/ AGE RANGE	SCHED. START	NET
1	SILVER	SPRINT	ELITE	7:00	
2	PURPLE	SPRINT	SURVIVOR	7:02	2:00
3	YELLOW	SPRINT	RELAY	7:02	2:00
4	PINK	SPRINT	BUDDY	7:05	5:00
5	GREEN	SPRINT	OPEN 1-27	7:08	8:00
6	ORANGE	SPRINT	OPEN 28-32	7:11	11:00
7	YELLOW	SPRINT	OPEN 33-37	7:14	14:00
8	PINK	SPRINT	OPEN 38-40	7:17	17:00
9	GREEN	SPRINT	OPEN 41-44	7:20	20:00
10	ORANGE	SPRINT	OPEN 45-49	7:23	23:00
11	YELLOW	SPRINT	OPEN 50+	7:26	26:00
12	PURPLE	SUPER SPRINT	SURVIVOR	7:41*	41:00
13	PINK	SUPER SPRINT	RELAY	7:41	41:00
14	GREEN	SUPER SPRINT	BUDDY	7:44	44:00
15	ORANGE	SUPER SPRINT	OPEN 1-37	7:47	47:00
16	YELLOW	SUPER SPRINT	OPEN 38+	7:50	50:00

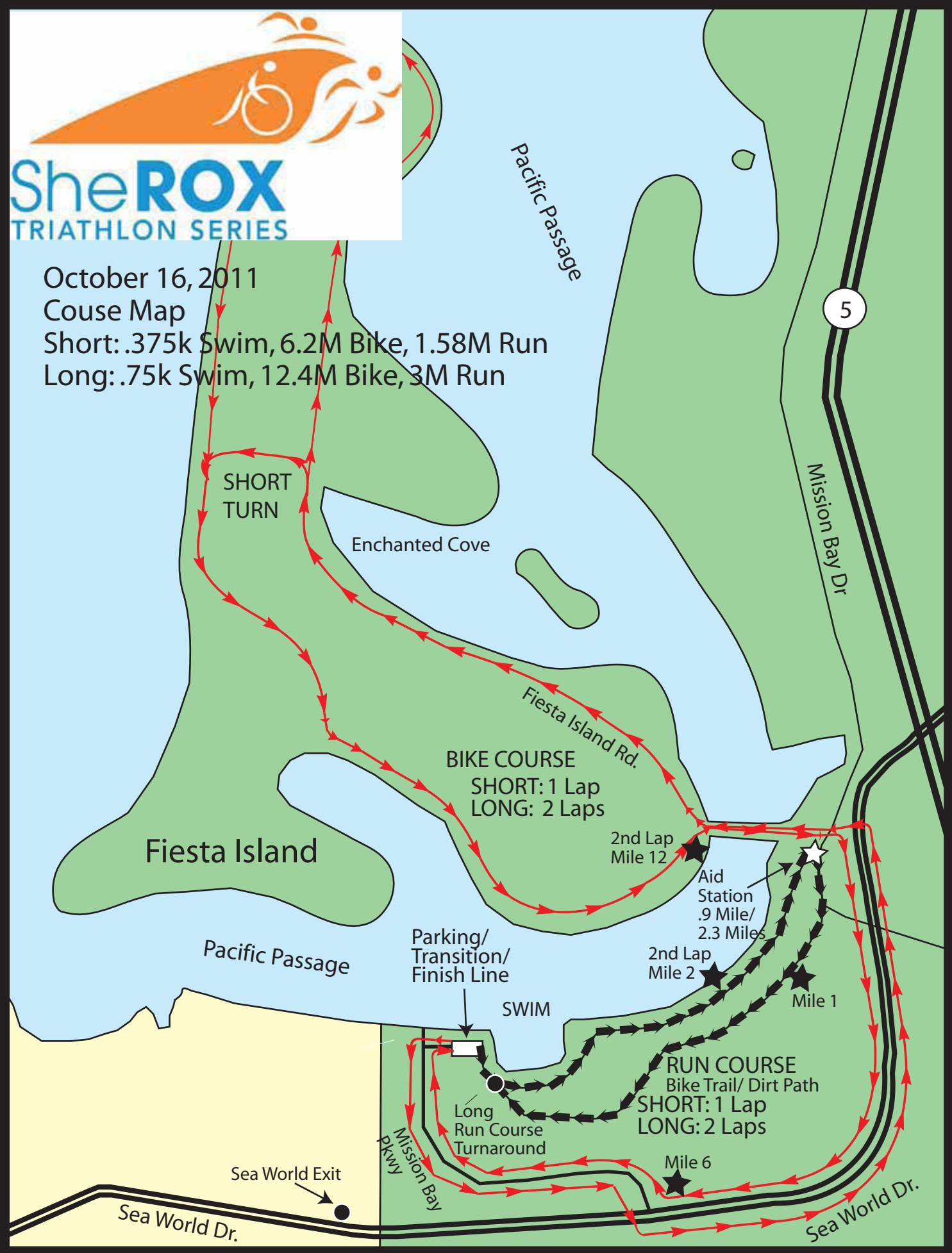
PLEASE NOTE: THERE IS MORE THAN ONE START GROUP FOR EACH CAP COLOR,  
 SO KNOW YOUR WAVE START TIME.

WAVE START TIMES ARE APPROXIMATE. SOME WAVES WILL BE COMBINED

\*~15 minute interval between Sprint & Super Sprint races to re-position lifeguards.



October 16, 2011  
Course Map  
Short: .375k Swim, 6.2M Bike, 1.58M Run  
Long: .75k Swim, 12.4M Bike, 3M Run





# SheROX

TRIATHLON SERIES

## SAN DIEGO

# SWIM COURSE

## MAP

Transition Area

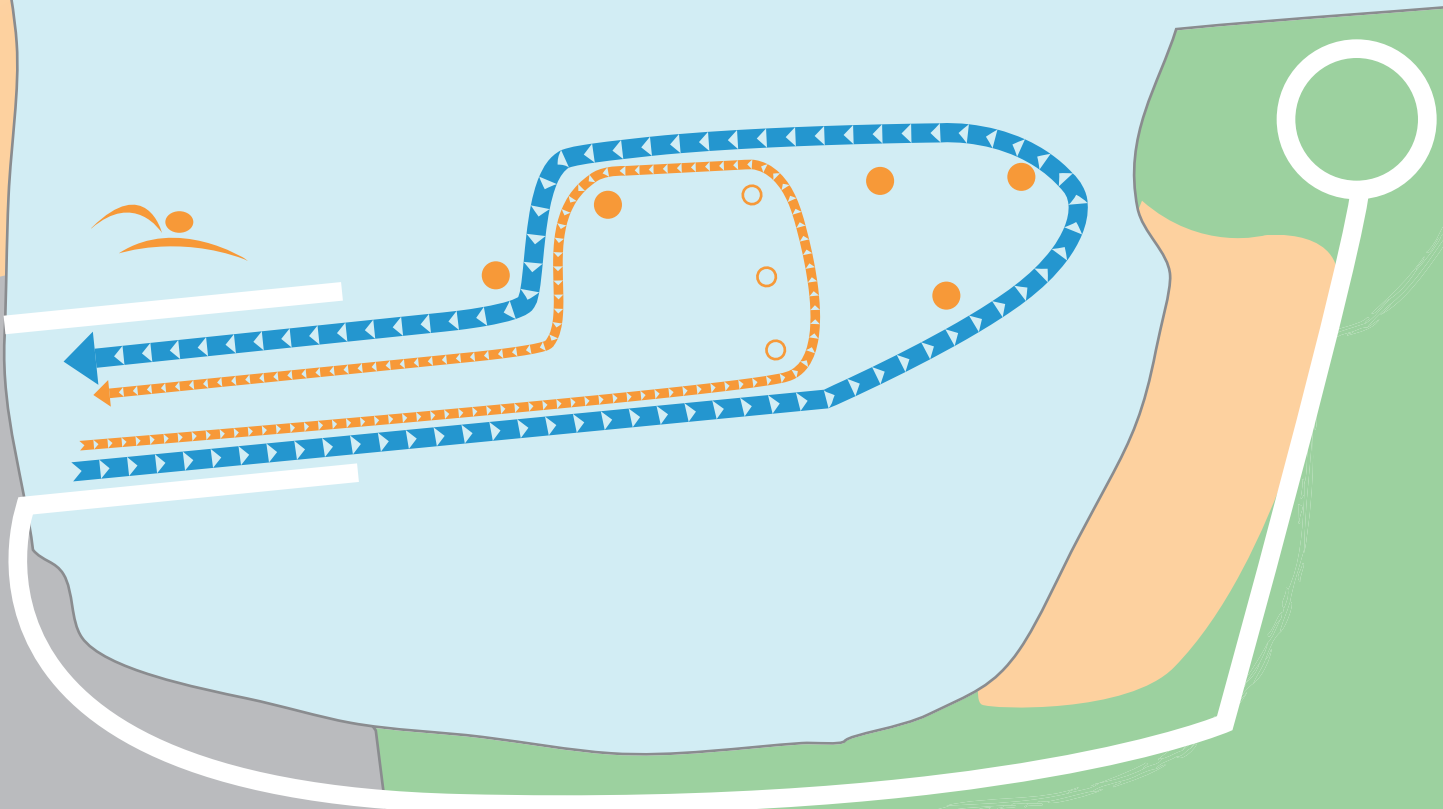
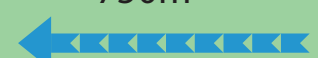
Swim Finish

Swim Start



SuperSprint Distance  
375m

Sprint Distance  
750m



## **COURSE TALK & STAGE SCHEDULE**

**10:30 AM**                      **COURSE TALK**                      **DAVE KAPPAS**

**12:00 PM**                      **COURSE TALK**                      **DAVE KAPPAS**

**1:30 PM**                      **COURSE TALK**                      **DAVE KAPPAS**

**3:00 PM**                      **COURSE TALK**                      **DAVE KAPPAS**

