

ST. ANTHONY'S TRIATHLON 2017 EVENT SCHEDULE

THURSDAY 4.27.17

6:00p

Open Water Swim Clinic
Presented by Triathlon Swim Coach Leo Briceno **(Swim Start)**

FRIDAY 4.28.17

STRAUB PARK

12p-6p

Athlete Check-in

12p-6p

Sports & Fitness Expo

3:00p

Meek & Mighty Youth Specific Triathlon Clinic
Presented by USAT Youth Junior Certified Coaches

4:30p

Beginner Triathlon Clinic
Presented by USAT Level 3 Elite Coach Jennifer Hutchison

5:30p

Triathlon Clinic: "Stepping Up Your Game" Featuring Kent Rodahaver, Endurance Coach and James Hadley, Professional Triathlete **(REALTOR TENT)**

6:00p

Open Water Swim Clinic
Presented by Triathlon Swim Coach Leo Briceno **(Swim Start)**

SATURDAY 4.29.17

MEEK & MIGHTY (NORTH SHORE POOL)

6:30a

Athlete Check-in

6:30a

Transition Area Open and Body Marking

7:30a

Start (Adults 16+)

8:15a*

Start (Youth ages 11-15)

9:00a*

Start (Youth ages 7-10)

10:00a

Awards Party **(Vinoy Park)**

***Time Trial Start so start times may be sooner than listed**

SATURDAY 4.29.17

ST. ANTHONY'S TRIATHLON (STRAUB PARK)

10a-6p

Sports & Fitness Expo

11:00a

Trigger Point Clinic targeting Ultimate 6 program
Presented by Nicole Brownell **(Feet First Expo Tent)**

11:30a

Triathlon Clinic: "Stepping Up Your Game" Featuring Kent Rodahaver, Endurance Coach and James Hadley, Professional Triathlete **(REALTOR TENT)**

12p-5p

Athlete Check-in

12p-6p

Mandatory Bike Check-in **(Vinoy Park)**

1:00p

Mandatory Pro Meeting **(Vinoy Park – Post Race Tent)**

2:00p

Novice/Beginner Clinic
Hosted by Jennifer Hutchison, USA Triathlon Level 3 Coach and Guest Coaches

3:00p

Women's Specific Tri Clinic: "TIPS FOR A FAST AND FABULOUS RACE DAY"
Hosted by Jennifer Hutchison [USA Triathlon Level 3 Elite Coach] and Guest Coaches

4:00p

Athlete Briefing **(Straub Park)**
Presented by Dave Downey

SUNDAY 4.30.17

ST. ANTHONY'S TRIATHLON

4:45a-6:45a

Transition Area Open and Body Marking

6:50a

Race start **(1201 North Shore Dr NE, St. Pete, FL 33701)**

8:35a

Approximate Sprint Start

8:40a

First Finisher Expected

9:30a

Post-Race Party Begins

11:30a

Professional/Open Age Group Awards Presentation

12:00p

Age Group Awards Presentation

1:00p

Race course closes