



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

3rd Annual Kid's Triathlon Saturday May 28, 2011

Tri it for Fun!

Racers begin and end at the Graham Aquatic Center,
543 N. Newberry Street York, PA

Race starts promptly at 9:00 AM Rain or Shine!

AGE GROUP	7-8	9-10	11-12	13-14
Swim	25m	50m	100m	150m
Bike	.75 mile	.75 mile	1.5 mile	1.5 mile
Run	.3 mile	.5 mile	.75 mile	1.0 mile



Bike Helmet Required MUST BE ANSI OR SNELL APPROVED.

BIKE COURSE CONTAINS HILLS! SEE Course Map at www.swimtidalwaves.org/triathlon

Registration – Open to the first 300 Entries

Postmarked by May 13, 2011: \$25 w/ Free T-Shirt & Clinics

Postmarked after May 13, 2011: \$25 w/Free T-Shirt

Parent Fun Run: Register up until Race Day: \$10 W/O T-Shirt

Entry Fee is Non-Refundable.

Shirts are subject to availability for first 250 entries.

Race Day Entries accepted 7:30 – 8:30 am

Swim and Transition Clinics

Free to all Pre-registrants:

Swim Clinic: Tues 5/24 & Thurs 5/26 6-7pm

Suit, Towel and Swim Goggles Required

Transition Clinic: Wed 5/25 6-7 pm

Bike and Swim gear NOT Required

Registrants are encouraged to pick up their packets prior to race day at the Graham Aquatic Center either Wednesday 5/25 or Thursday 5/26 from 5-8 pm

A Mandatory Pre-Race Meeting for all participants and parents will be held at 8:45am race day on the bleachers inside the Graham Aquatic Center.

Race Director Natalie Harnish York YMCA Aquatic Club 717-968-6435

York Y Kids Tri Registration and Waiver –1 per participant Mail To: York YMCA Aquatic Club C/O Natalie Harnish 90 N. Newberry St York , PA 17401

Name _____ Age _____ Male ___ Female ___ Birth Date __/__/__ Today's Date __/__/__
Last First

Address _____ City, State & zip _____

Phone () ___-____ Email Address _____ How did you hear about the Tri? _____

I know that running, biking and swimming the York YMCA Kids Tri is a potentially Hazardous activity. I should not enter and swim, bike and run unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the event. I assume all risks associated with swimming, running, and biking the event including, but not limited to: falls, contact with other participants, the effects of the weather, including high heat/humidity, cold or slippery conditions of the course. All such risks being known and appreciated by me. Having read the waiver and knowing these fact, in consideration of your accepting my application, I, for myself and anyone entitled to act on my behalf, waive and release the race director, race officials, volunteers, sponsors including but not limited to the York YMCA aquatic club, the York YMCA, the city of York, York county and all of the representatives and their successors of said sponsors, from all claims or liabilities of any kind arising out of my participation in the event.

Participant signature _____

Parent/ Guardian Signature – Required for all participants _____

Entry Fees

By May 13th with t-shirt and clinics \$25 _____

After May 13th with t-shirt \$25 _____

Parent/guardian without t-shirt \$10 _____

Shirt Size: Youth S _____ M _____ L _____ XL _____

Adult S _____ M _____ L _____ XL _____ 2XL _____

Payment: Visa/MasterCard # _____ EXP _____

Check # _____ Please make checks payable to York YMCA Aquatic Club