

ATTLEBORO YMCA's 5th Annual
YOUTH EXTREME TRIATHLON

DATE: June 12, 2010 (Saturday)

TIME/DIVISIONS: 9:00 AM 7-8 Boys; 9:00 AM 7-8 Girls;
9:00 AM 5-6 Boys; 9:00 AM 5-6 Girls;
10:00 AM 3-4 Boys; 10:00 AM 3-4 Girls;
10:00 PM 1-2 Boys; 10:00 PM 1-2 Girls;

TRIATHLON: Grades 1-4 - Swim 50 yards, Bike 1 mile, Run 1/2 mile
Grades 5-8 - Swim 100 yards, Bike 2 miles, Run 1 mile

- Swimming will be done in the beautiful Camp Finberg pool: (50 yards = 2 lengths; 100 yards = 4 lengths)
- Biking will be done on gravel roads: (You must provide your own bike & helmet!)
- Running will be a cross-country run on gravel roads and trails.

ENTRY FEE: \$10.00 (Day of Race entry fee = \$15.00)

AWARDS: First three finishers in the male division and first three finishers in the female division for each age category **** An Awards Ceremony will be held after the last race. ****

START/FINISH: Camp Finberg, Norton, MA

CHECK-IN: Numbers may be picked up at Camp Finberg the day of the race after 8:00 AM

SEND ENTRIES TO: Attleboro YMCA, 63 North Main St., Attleboro, MA 02703

PHONE: (508) 222-7422

NAME: (Last) _____ (First) _____ Telephone: _____

ADDRESS: _____ (City) _____ (State) _____ (Zip) _____

MALE ___ FEMALE ___ AGE GROUP: (*Circle One*) GRADE- 1-2 3-4 5-6 7-8

Date of Birth: _____

WAIVER: (Must be signed for entry to be valid)

I hereby, for my children, myself, my heirs, executors, and administrators, waive and release any and all rights and claims for damages I may have against the sponsors, coordinating groups, and many individuals associated with the event, their representatives, successors, and assigns, and will hold them harmless for any and all injuries suffered in connection with this event. I attest that my child is physically fit to compete in this event. Further, I hereby grant full permission to any and all of the foregoing to use my or my child's likeness in all media including photographs, pictures, recordings, or any other record of this event for any legitimate purpose(s).

SIGNATURE: _____ DATE: _____

Parent or Guardian

