

Tri for Kids' Sake
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Tom Wells
4401 Cold Harbor Ct
Greensboro, NC 27410



The 7th Annual

YOUTH TRIATHLON

Saturday, September 4, 2010
Sheraton Hills Swim Club, High Point

8:00 - 8:30.....Age 6 & under

8:45 - 9:30.....Ages 7-8

9:30 - 10:15Ages 9-10

10:15 - 11:00..... Ages 11-15

*Times are approximate. Next race will begin as soon as previous race ends. You are required to be present at least 1/2 hour prior to your race time.

PRESENTED BY:



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...adding tomorrows every day.



Easter Seals UCP North Carolina



BENEFITING BIG BROTHERS BIG SISTERS, BOYS & GIRLS CLUBS,
THE CYSTIC FIBROSIS FOUNDATION AND UNITED CEREBRAL PALSY

REGISTRATION FORM

Mail form and entry fee to:

Tom Wells
4401 Cold Harbor Ct., Greensboro, NC 27410

Make check payable to: Tri for Kids' Sake

Questions? contact Ron Hales
336-476-2340
runlikehales@earthlink.net

Register online at www.youthtriserries.com

Name _____

Address _____

City _____ State _____ Zip _____

Home Phone _____

Emergency Contact _____ Phone _____

Birthday _____ Age on Race Day _____

Gender Male Female

T-Shirt Size (circle one) YS YM YL AS AM AL

USAT # _____

Email Address _____

Waiver Signature* — Parent must sign: _____ Date _____

*By signing above I know that participating in a triathlon is a potentially hazardous activity. I should not allow my child or dependent to participate in this event unless he/she is medically able and properly trained. I assume all risks associated with participation in the Tri for Kids Sake Youth Triathlon, including, but not limited to, falls, contact with other participants, the effect of weather; including high heat and humidity or cold temperatures and rainy conditions, vehicular traffic and conditions of the road, all such risks being known and appreciated by me and my child/dependent. Having read this release and knowing these facts, and in consideration of your accepting my entry, I will not hold the Sheraton Hills Swim Club, race directors, event sponsors, or any volunteers of this event liable for any injuries that may occur from my child's/dependent's participation.

CUT & RETURN

ENTRY FEES

\$ 25 before August 26*, siblings cost: \$ 18
\$ 30 after August 26 – siblings: \$ 23

Please make checks payable to:
TRI FOR KIDS' SAKE

Race is limited to first 125 applicants.

This includes t-shirt, participation medal and a one-day USAT license. Each participant will need to have a USAT waiver signed by their legal guardian, which will be available Race Day.

*After September 1, please register at packet pick-up, space permitting. No Race Day Registration. Online Registration deadline is September 1.

AGE GROUPS

6 & UNDER

25 Yard Swim (1 length)
1 mile Bike
.25 mile Run

7-8 YEARS

50 Yard Swim (2 lengths)
2 mile Bike
.75 mile Run

9-10 YEARS

100 Yard Swim (4 lengths) 200 Yard Swim (8 lengths)
2 mile Bike
.75 mile Run

11-15 YEARS

3 mile Bike
1.50 mile Run

The race is modeled after USA Triathlon Races. EMS and High Point Police will be present to maintain a safe environment.



AWARDS

Awards will be presented to the following age groups:

- 6 & under
- 7 - 8 years old
- 9 - 10 years old
- 11 - 12 years old
- 13 - 15 years old

Awards for the top three in each age group, both male and female. All finishers will receive a participant medal.

DIRECTIONS TO SHERATON HILLS SWIM CLUB • HIGH POINT

From W-5 or Hwy 68 (Eastchester/Westchester) travel south on Main St (NC 311). Take right on Ray St (near Hospital). Take a left on Delmont St. parking is on right.

From I-85 or I-85 business, take Main St (NC 311) exit & travel north on Main St. Take left on Ray St. Take left on Delmont St, parking is on right.

PACKET PICK-UP Friday, September 3, 5:30 – 7:30 pm

Come to Omega Sports, 2645 N. Main Street, Suite 102, High Point, to find out any last minute information, pick up your registration packet that will be needed for the race and get a look at the course layout.

CONCESSIONS

First Baptist Youth Group will again provide concessions to benefit youth mission projects.

POST RACE PARTY BY

**YOUR
PERSONAL
DJ**

EVENT PHOTOGRAPHY

Sink Photographic Designs will be taking action photos during the event. Thumbnail proofs will be available at their display table and photos will be printed on site.

