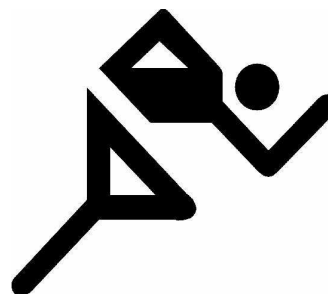


2010 YMCA CAMP INGERSOLL YOUTH TRIATHLON



SUNDAY August 8th

AT CAMP INGERSOLL, ROUTE 66, PORTLAND, CT

RACE STARTS AT 9:30AM

DISTANCE DETERMINED BY AGE

6-11 YEARS OF AGE: 50yd Swim, 2 mile Bike, ½ mile Run

12-17 YEARS OF AGE: 200yd Swim, 5 mile Bike, 1 mile Run

(Open Water Swim. Off Road Bike) Helmets Required

All Participants Must Pass Swim Test or

Have Waiver Signed By Certified Swim Instructor.

\$25 Advanced Registration

\$30 Race Day

\$35 for Relay Teams (each participant must have USAT membership)

USAT Annual Membership Required \$5 (**USAT Sanctioned**)

For More Information Contact: Kristin Champagne: 860-343-6204 or

kchampagne@midymca.org www.midymca.org Registration Available @ Active.com

For Volunteer Information Contact: Lin Anderson landerson@midymca.org

2010 YMCA Camp Ingersoll Youth Triathlon Entry Form

Mail to: Atten: Kristin Champagne/ Youth Triathlon
Middlesex YMCA
99 Union St.
Middletown, CT 06457

Registration \$25.00 + \$5.00 for USAT Annual Youth Membership
Amount Enclosed \$_____ (registration fee: checks payable to Middlesex YMCA)
+ USAT License fee \$5 payable to USAT or already a member USAT# _____
(You will be required to show card on race day)

Name: _____

Address _____

City: _____

Home Phone: _____

Birthdate: ___/___/____

E-mail _____

Race: (circle one) **Individual 6-11 Individual: 11-17 Relay 6-11 Relay 11-17**

If relay, please list the names of teammates.

Swimmer: _____ Biker: _____ Runner: _____

T- Shirt size – circle one Youth Sizes: SM M LG XL or Adult SM MLG

How will you satisfy the swim certification?

I participated in another youth triathlon ___ Event Name _____ year _____

I am a member of a swim team. ___ Team _____

I have a letter from a swim instructor. _____

I will participate in a swim certification session

at the Middlesex YMCA or Camp Ingersoll _____

Dates and times posted on website www.midymca.org

or call 860-343-6204, e-mail: kchampagne@midymca.org

Athletes and their Guardians will both be required to sign a waiver when they pick up their race packets.

Race check-in and registration will be from 7:45 to 9:15 race day. Please arrive early. Helmets and swim certifications are required.

For safety reasons, parents will not be aloud in transition area or on the race course. There will be plenty of spectator areas for viewing.

Directions of race officials must be followed and good sportsmanship is expected by both participants and parents.

Rain or Shine. No refunds. In the event of inclement weather the race director reserves the right to cancel or modify portions of the race for safety reasons.

Pre-race training is a good idea, and the YMCA will be offering some training sessions and advice.

For more information: Call Kristin at 860-343-6204 or e-mail kchampagne@midymca.org