

Kids Triathlon



YMCA of Vincennes • Good Samaritan • Vincennes Parks & Recreation



**Gregg Park,
Rainbow Beach**

**SATURDAY
JULY 15, 2023**

Register in house or online at: www.vincennesymca.org

SUGGESTED AGES & CATEGORIES

IRON (Ages 10-15)

- Start time: 8AM; Check-in: 7AM
- 150m swim, ~4 mile bike (6 laps), 1 mile run (2 laps)

Sprint (Ages 9-12)

- Start time: 9AM; Check-in: 8AM
- 50m swim, ~2 mile bike (3 laps), 1/2 mile run (1 lap)

Family (Ages 3-8)

- Start time: 10AM; Check-in: 9AM
- 25m swim, 1/2 mile bike, 1/4 mile run
- Parent/guardian participation allowed

Fees:

- \$30 per child
- \$25 each additional sibling

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Suggested Ages & Categories:

Iron (Ages 10-15):

- Start time: 8AM; Check-in: 7AM
- 150m swim, ≈4 mile bike (6 laps), 1 mile run (2 laps)

Sprint (Ages 9-12):

- Start time: 9AM; Check-in: 8AM
- 50m swim, ≈2 mile bike (3 laps), 1/2 mile run (1 lap)

Family (Ages 3-8):

- Start time: 10AM; Check-in: 9AM
- 25m swim, 1/2 mile bike, 1/4 mile run
- Parent/guardian participation required

Fees:

- \$30 per child
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FINANCIAL ASSISTANCE AVAILABLE

ENTRY FEES WILL NOT BE REFUNDED IN THE EVENT OF CANCELLATION. THERE WILL ALSO BE NO MAKE UP DATE.

Guaranteed T-Shirt if Registered On or Before July 7th, 2023.

Name _____

Address _____

T-shirt Size: YS YM YL
AS AM AL

Sex _____ Birth date (MM/DD/YY) _____

Phone _____

E-mail _____

Division _____

Age on Race Day _____

**Saturday, July 15, 2023
Gregg Park**

Orientation:

Saturday, July 8 at 9AM
Rainbow Beach, Gregg Park

To Register:

- Stop by the Y, or mail form and payment to:
YMCA, 2010 College Ave, Vincennes, IN 47591
- Online: www.vincennesymca.org
- Day of event registration will be accepted as well
(Cash or Check Only)

Questions? Contact:

Bill Davis at 812 895 9622 ext. 22 or
bdavis@vincennesymca.org



Good Samaritan

YMCA OF VINCENNES



Waiver, In consideration of my participation and/or my child(ren's) participation in the activities of the YMCA OF VINCENNES, do hereby agree to hold free from any and all liability the YMCA OF VINCENNES, all parties involved in the event, Board Members, representing officers, employees, volunteers and members and do hereby for myself, my heirs, executors and administrators, waive, release and forever discharge any and all rights and claims for damages or injuries which I may have or which may hereafter accrue to me arising out of or connected with me participating in any of the activities of the YMCA OF VINCENNES I hereby do declare myself or my child to be physically sound to participate in the activities at the YMCA. Pictures/videos taken during activities at the YMCA OF VINCENNES may be used for marketing purposes. I understand this specific release may be revoked at any time by written request. To the best of my knowledge, the information on this form is complete and accurate. I have read and agree to these terms and conditions.

Signature _____ Date _____

Signature of parent or guardian. _____ Date _____

Emergency Contact _____ Phone _____