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**Danville Family YMCA**  
215 Riverside Drive  
Danville, VA 24540  
P 434-792-0621

[ymcadanville.org](http://ymcadanville.org)



**FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY**

# **KIDS TRIATHLON**

**October 17th  
DANVILLE FAMILY YMCA**



# Danville Family YMCA Kid's Triathlon

## October 17, 2015

### Age Groups:

- 4-6 year olds
- 7-8 year olds
- 9-10 year olds
- 11-12 year olds

### Registration:

- August 31st-October 16th
- Cost is \$25 per child
- Fee includes t-shirt, water bottle, and backpack

### Swimming:

This portion of the triathlon will take place in the YMCA pool. Kids may use bubbles, floaties, etc.

- 4-6: 25 yards
- 7-8: 50 yards
- 9-10: 75 yards
- 11-12: 100 yard

### Biking:

Participants must bring their own bike. Bikes may have training wheels or be tricycles. All participants are required to where a bike helmet.

- 4-6: 0.3 mile bike (0.15 out and back)

- 7-8: 0.75 mile bike (0.37 out and back)
- 9-10: 1 mile bike (0.5 out and back)
- 11-12: 1.5 mile bike (0.75 mile out and back)

### Running:

- 4-6: 100 yard run
- 7-8: 0.3 mile run
- 9-10: 0.5 mile run
- 11-12: 0.75 mile run

### Check-In Time:

- Check-In by 9am to set up your bike, and be numbered

### Race Start Time:

- Race will start promptly at 10am; with the swimming portion of the race.

### Packet Pick-up:

- October 16th 3:30-6:30pm
- October 17th 8am-9am

### Awards:

- Every child will receive a medal
- Awards given to top 3 finishers in each age group



## Just Tri It!

### Registration Form:

PLEASE PRINT

*Illegible and incomplete applications will not be accepted.*

\_\_\_\_\_  
*Name*

\_\_\_\_\_  
*Telephone Number*

\_\_\_\_\_  
*Email*

\_\_\_\_\_  
*Street Address*

\_\_\_\_\_  
*City*

\_\_\_\_\_  
*ST*

\_\_\_\_\_  
*ZIP*

Age as of October 17, 2015: \_\_\_\_\_

Sex:  M  F

T-shirt Sizes:  XS  S  M  L  XL

...

I hereby declare that for myself and my heirs and executors that I will hold blameless the YMCA and all sponsors for any injury that may befall me as a result of my participation in the YMCA Pancake Race. I furthermore certify that my physical condition is adequate to allow me to participate in an event of this strenuous nature.

\_\_\_\_\_  
Parent Signature

Date: \_\_\_\_\_

Make Checks Payable to:

**Danville YMCA**

Mail to:

**Danville Family YMCA  
215 Riverside Drive  
Danville, VA 24540**