

A LIFETIME OF HEALTHY PLAY

The Y is the starting point for many youth to learn about becoming and staying active, and developing healthy habits they'll carry with them throughout their lives. And the benefits are far greater than just physical health. Whether it's gaining the confidence that comes from improved swimming or building the positive relationships that lead to good sportsmanship and teamwork, participating in the Y's Youth Triathlon series is about building the whole child, from the inside out.



April 27, 2013
CHICKASHA AREA YMCA
BJ Marshal
725 West Chickasha Avenue
Chickasha, OK 73018
405 224 2281

May 18, 2013
EARLYWINE PARK YMCA
Brandon Hawkins
11801 South May Avenue
Oklahoma City, OK 73170
405 378 0420

June 1, 2013
LAWTON YMCA
Yolanda Allen
5 Southwest 5th Street
Lawton, OK 73501
580 355 9622

June 8, 2013
GREAT PLAINS FAMILY YMCA
Jennifer Osborn
1400 North Airport Road
Weatherford, OK 73096
580 772 0202

June 22, 2013
BETHANY YMCA
Tara O'Connell
3400 North Mueller Avenue
Bethany, OK 73008
405 789 0231

July 27, 2013
EDMOND YMCA
Chris Berry
1220 South Rankin Street
Edmond, OK 73034
405 348 9622



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

ON YOUR MARK

Youth Triathlon Series



YMCA YOUTH TRIATHLON SERIES

The 2013 YMCA Youth Triathlon Series offers six competitive events, each featuring swimming, biking and running. Each course is chipped time and provides the athletes an opportunity to improve at each event. Children participating in a minimum of three events will be eligible to compete for the YMCA Youth Triathlon Series Championship.



SWIM:

Swimmers may wear goggles however mask, fins, and snorkels are not allowed.

BANTAM DIVISION participants will be allowed to use U.S. Coast Guard-approved life jackets.



BIKE:

All racers must wear American National Standards Institute-approved helmet and must be worn and fastened before leaving the transition area.

Training wheels will be allowed for the Bantam division racers only.



RUN:

Chip timing will be used on all portions of the course at all sites!

DIVISIONS & DISTANCES:

Boys and girls will start at the same time and will be placed according to swimming times.

BANTAM DIVISION (5 & under)

25 yard swim / 1.0 mile bike / .25 mile run 10 a.m. Check In / 10:45 a.m. Start

JUNIOR DIVISION (6-8)

50 yard swim / 2.0 mile bike / 500 yard run 9 a.m. Check In / 9:45 a.m. Start

INTERMEDIATE DIVISION (9-11)

150 yard swim / 4.0 mile bike / 1 mile run 8 a.m. Check In / 8:45 a.m. Start

SENIOR DIVISION (12-15)

300 yard swim /
8.0 mile bike /
2 mile run 7 a.m.
Check In
7:30 a.m. Start

PRE RACE MEETING:

A pre-race meeting and bike inspection will be held prior to each triathlon. Participants will be contacted by the race director in regards to the time/location.

EVENT LOCATION:

Please check with each Tri Director for the specific site location of each event.

COST:

\$35 for Y Family Members
\$40 for Y Youth Members
\$50 for Non-Y Members

YOUTH TRIATHLON REGISTRATION FORM

PARTICIPATING DIVISION

(age group is how old the child will be on 12-31-2013)

- | | |
|--|---|
| <input type="checkbox"/> Bantam Division (5 & under) | <input type="checkbox"/> Chickasha |
| <input type="checkbox"/> Jr. Division (6-8) | <input type="checkbox"/> Edmond |
| <input type="checkbox"/> Int. Division (9-11) | <input type="checkbox"/> Lawton |
| <input type="checkbox"/> Sr. Division (12-15) | <input type="checkbox"/> Bethany |
| | <input type="checkbox"/> Earlywine Park |
| | <input type="checkbox"/> Weatherford |

Participant's Name _____ Shirt Size _____

Age as of 12-31-2013 _____

Home Phone _____ Alt. Phone _____

Email _____

Gender: Male Female

Parent/Guardian Name _____

Address _____

City _____ State _____ Zip _____

HOLD HARMLESS AGREEMENT

By my signature, and of my free will, I do hereby agree to indemnify and hold harmless the YMCA OF GREATER OKLAHOMA CITY from any and all claims or demands, costs, or expenses arising out of any injuries, damages, or other losses, whether personal or property sustained by me or any party to whom I am responsible.

Signature _____

Date _____

FINANCIAL ASSISTANCE AVAILABLE

Every day, we work side-by-side with our neighbors to make sure that everyone, regardless of age, income or background, has the opportunity to learn, grow and thrive. Financial assistance is available to those who qualify. A sliding-fee scale is used to determine appropriate levels of assistance. Ask for more information at your local Y.