

Schedule of Events

Saturday July 10

9:30 a.m.

Registration, bike check, body marking
Pre race briefing, course description

10:30 a.m.

Pee Wee (5 years and under)
Swim: walk/swim 50 m
Bike: approximately 100 meters
Run: 100 meters

10:45 a.m.

6, 7 years old
Swim: 75 meters (1 lap*)
Bike: 1.5 km (1 lap**)
Run: 500 meters

11:00 a.m.

8, 9 years old
Swim: 100 meters
Bike: 3 km (2 laps)
Run: 1 km

11:15 a.m.

10, 11 years
Swim: 150 meters (2 laps*)
Bike: 4.5 km (3 laps **)
Run: 1.5 km (1 lap**)

11:30 a.m.

12 – 14 years
Swim: 200 meters (2 laps*)
Bike: 6 km (4 laps**)
Run: 1.5 km (1 lap**)

Swim Start

The beach across from the lifeguards by the boardwalk. Life jackets permitted. *Triangle shaped course in cove.

**BIKE COURSE: inner loop of Park (some traffic)

**RUN: inner loop of Park (some traffic)

NO CARS ALLOWED in the race area.

12:00 Noon – small lunch & awards

Regulations & Fees

- \$5/individual
- \$10/family
- \$15/team

- cheques payable to YMCA Yarmouth
- pre-register by Wednesday, July 7 –
- late registrations \$2/person extra
- parents may assist athletes please make sure you are not in the way of other participants
- bike helmets & torsos covered mandatory
- life jackets permitted
-

NO PARKING in race area

HOW TO GET TO ELLENWOOD PROVINCIAL PARK

Take highway #1 heading north out of Yarmouth to “Hebron Corner” (5.4 km from the traffic lights at Main Street/Starrs Road-at McDonald’s). Turn right onto highway #340 to South Ohio. Turn right onto the Saunders (or Braemar) Road--follow the Ellenwood Provincial Park signs to the parking lot of the Park. Park in the parking lot provided. Camping is available at the park.

Volunteers – are needed for this event and our annual Triathlon (August 8) – if you can volunteer, please contact us.

Course maps available at the YMCA and at [ymcayarmouth.net/events/kid's triathlon](http://ymcayarmouth.net/events/kid's%20triathlon)

Kids' Triathlon **TRIATHLON RELEASE** **AND INDEMNITY**

Parents please sign

In consideration of your acceptance of this entry, I, the undersigned, for myself, my heirs, executors and administrators, waive and release any and all rights and claims for damages I may have against the YMCA of Yarmouth and the YMCA Triathlon committee and arising out of my participation in the YMCA Triathlon. I assume all risks associated with participating in the event and verify that I am physically fit and sufficiently trained for the completion of this event. Further, I grant full permission to any and all of the aforementioned persons to use my name, likeness and voice, as well as any photographs, videotapes or any other record if this event which I may appear for legitimate purpose.

Signature

Date

Signature

Date

Signature

Date

Return registration form to:

Kids' Triathlon
YMCA of Yarmouth
Box 86
Yarmouth, NS
B5A 4B1



INDIVIDUAL REGISTRATION

Name
Date of Birth
Address

e-mail

Phone

Age on Race Day ____

Male Female

TEAM REGISTRATION

Team Name

Swimmer

Name
Date of Birth
Age
Phone #

Biker

Name
Date of birth
Age
Phone #

Runner

Name
Date of birth
Age
Phone #



YMCA

We build strong kids,
strong families, strong communities.

275 Main Street
P.O. Box 86
Yarmouth, NS
B5A 4B1

Phone: (902) 742-7181

Fax: (902) 742-7676

Email: cindy_nickerson@ymca.ca

www.ymcayarmouth.ns.ca

check the website for photos of this and
other special events.

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Kids' YMCA Yarmouth Triathlon



Saturday, July 10, 2010
Ellenwood Provincial Park

Check in: 9:30 - 10:15 a.m.

Race Start: 10:30 a.m.



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275 Main Street
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