



# TRIATHLON

Youth & Adult

# 2018

Kids start at 10 am

June 16

	<u>Ages 3-5</u>	<u>Ages 6-8</u>	<u>Ages 9-12</u>	<u>Ages 13-16</u>
<u>Swim:</u>	10 yards	50 yards	100 yards	150 yards
<u>Bike:</u>	200 yards	1 mile	2 miles	3 miles
<u>Run:</u>	100 yards	.5 mile	1 mile	1.5 miles

Adults start at 8 am

Swim: 5 laps (250) yards

Bike: 5 miles

Run: 5K

\*Pick up registration at Sedgwick City Hall, after May 26<sup>th</sup> bring all forms to the Sedgwick city pool. Deadline is June 10<sup>th</sup> to receive a T-shirt.

This is excellent opportunity for youth and adults to experience the sport of a Triathlon! Try it as a team, as a family, or as an individual. Participants will receive a T-shirt and One Day Pass to the Sedgwick City Pool. Medals will be presented to the first place finishers of each age group.

The Triathlon will begin at the Sedgwick City Pool. Younger ages will bike around the Sedgwick city park. There will be designated routes around town for the older age groups. Parents are encouraged to bike and run with the kids or just cheer from the sidelines.

**Kids Triathlon Timeline:**

**9:30am** – CHECK IN to receive shirt and pool voucher

**9:50am** –Mandatory pre-event meeting for parents and kids in the pool area

**10:00am** –Kids Triathlon will begin (order of race: swim, bike, run)

**Adult Triathlon Timeline:**

**7:30 am** - CHECK IN to receive shirt, pool voucher and map of the course

**8:00 am** - Adult Triathlon will begin

**What to bring:**

Swim suit, goggles, towel, bike helmet, running shoes, (no flip flops for the bike and run)

\* If participants are not strong swimmers they may use a life vest or run in the shallow end\*

\* Kick boards will be available as well\*

**For More Information Contact:**

Abra Thieme

**\*All Proceeds go to Sedgwick Sharks Swim Team\***

316-650-6676

**abrathieme@gmail.com**

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

**Adult Phone #** \_\_\_\_\_

**T-Shirt Size: (circle one)**

**Youth Small**

**Adult Small**

**Youth Medium**

**Adult Medium**

**Youth Large**

**Adult Large**

**Adult XL**

**Kids Triathlon - \$10**

**Adult Triathlon - \$15**

*\*By signing registration form, Participants hereby assume all the risks and responsibilities of unforeseeable damages or injuries. And have been warned to be in good health to participate.*