



2018 Youth Triathlon

YMCA OF GREATER OKLAHOMA CITY

The Y is the starting point for many youth to learn about becoming and staying active. 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.

JULY 28

MITCH PARK YMCA
2901 MARILYN WILLIAMS DRIVE
EDMOND, OK 73003
405 330 4016

COST

\$40 - Household members
\$45 - Youth members
\$55 - Non-members

PRE-RACE MEETING

A pre-race meeting and bike inspection will be held prior to the triathlon.

WHEN: July 27 - 6:30 p.m.

WHERE: Mitch Park Pavilions - next to the competitive pool entrance



BANTAM DIVISION

25 yard swim
1.0 mile bike
.25 mile run

(5 & under)

CHECK IN: 9:45 - 10:05 a.m.

START: 10:15 a.m.



JUNIOR DIVISION

50 yard swim
2.0 mile bike
500 yard run

(6-8)

CHECK IN: 8:45 - 9:15 a.m.

START: 9:30 a.m.



INTERMEDIATE DIVISION

150 yard swim
4.0 mile bike
1 mile run

(9-11)

CHECK IN: 7:45 - 8:15 a.m.

START: 8:30 a.m.



SENIOR DIVISION

300 yard swim
8.0 mile bike
2 mile run

(12-15)

CHECK IN: 6:30 - 6:50 a.m.

START: 7 a.m.



SPRINT DIVISION

150 yard swim
4.0 mile bike
1 mile run

(All ages)

CHECK IN: 10:30 - 10:45 a.m.

START: 11 a.m.

REGISTRATION

PARTICIPATING DIVISION

Age as of 7-28-2018

- Bantam Division (5 & under)
- Junior Division (6-8)
- Intermediate Division (9-11)
- Senior Division (12-15)
- Sprint Division (All ages)

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 _____

Participant's Name _____

Shirt Size _____

Date of Birth _____

Age as of 7-28-2018 _____

Home Phone _____

Alt. Phone _____

Email _____

Gender: Male Female

Parent/Guardian Name _____

Address _____

City _____

State _____

Zip _____

I would like to volunteer

Volunteer Shirt Size _____

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.

YMCAOKC.ORG/TRI