



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.

**DATE & LOCATION**

**JULY 29, 2017**

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

**PRE RACE MEETING:**

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

**START TIME**

Start times may vary. Please contact the race director for specific times.

**COST:**

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



(5 & under)

**BANTAM DIVISION**

25 yard swim  
1.0 mile bike  
.25 mile



(6-8)

**JUNIOR DIVISION**

50 yard swim  
2.0 mile bike  
500 yard run



(9-11)

**INTERMEDIATE DIVISION**

150 yard swim  
4.0 mile bike  
1 mile run



(12-15)

**SENIOR DIVISION**

300 yard swim  
8.0 mile bike  
2 mile run

**REGISTRATION**

**PARTICIPATING DIVISION**

Age as of 12-31-2017

- Bantam Division (5 & under)
- Jr. Division (6-8)
- Int. Division (9-11)
- Sr. Division (12-15)

**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.

Participant's Name \_\_\_\_\_ Shirt Size \_\_\_\_\_

Date of Birth \_\_\_\_\_ Age as of 12-31-2017 \_\_\_\_\_

Home Phone \_\_\_\_\_ Alt. Phone \_\_\_\_\_

Email \_\_\_\_\_ Gender:  Male  Female

Parent/Guardian Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

I would like to volunteer  Volunteer Shirt Size \_\_\_\_\_

**YMCAOKC.ORG/TRI**