

KIDS TRIATHLON

Saturday June 15, 2019

Alf Sorensen Pool



Age	Ages 10-14	Ages 7-9	Ages 4-6
Swim:	100m 4 laps	50m 2 laps	25yd 1 lap
Bike:	2 mi	1 mi	0.5 mi
Run:	1 mi	0.5 mi	0.2 mi

- Entry Fee: \$35 per participant
 - Entry Fee Includes: T-Shirt, race bag, and participatory medal
 - This event will NOT be timed
 - Register at the Sparks Parks and Recreation Office, 98 Richards Way by June 6th
 - Pre-Packet Pick up – June 13th 7:30am-5:30pm, 98 Richards Way
 - Participants must provide their own equipment, including Bike, Helmet, Running Shoes, Swim Suit, and goggles. HELMETS ARE MANDATORY!! Participants must know how to swim
- Parents of children 6 and younger can accompany their child through the course, however, they may not assist with any forward progress during the event.

➤ **CHECK IN TIME ON RACE 7:30am ALL GROUPS**

First Name: _____ Last Name: _____

Address: _____

City: _____ State: _____ Postal Code: _____

Gender Male Female Age on Race Day: _____ Youth Shirt Size: S M L XL

Phone Number: _____ E-Mail: _____

I, the undersigned, agree to hold the City of Sparks and the directors of this program/facility harmless from all suits, claims, or demands of every kind and character arising out of and in connection with the program/activity provided by the Parks and Recreation Department that I will be participating in. I further certify that I, the participant, have no ailment or organic defect that would make participating in this program/facility dangerous to my health.

Parent Signature: _____ Date: _____