

# LONGMONT KIDS ONLY

# TRIATHLON

## SATURDAY, JUNE 5, 2010



### PACKET PICK-UP

Centennial Pool; 1201 Alpine St.  
**Friday, June 4** 2pm-6pm  
**Saturday, June 5** 6am-7:30am

### DAY OF RACE TIMELINE

**Saturday, June 5, 2010**  
**6am-7:15am:** Day of registration  
**6am-7:45am:** Body marking, bike helmet check and equipment set-up  
**7:45-8am:** 6-8 year olds report to the swimming pool for their timing chips, heat and lane assignments  
**8am:** 6-8 year old girls start the race

### DISTANCES

#### 6-10 year olds

100 yard swim; 3 mile bike;  
0.6 mile run

#### 11-12 year olds

200 yard swim; 6 mile bike;  
1.2 mile run

#### 13-17 year olds

400 yard swim; 6 mile bike;  
2 mile run

### AWARDS

**Finisher:** Everyone receives ice cream compliments of Glacier Ice Cream, an event shirt and a Finisher Medal!

**Place:** The award ceremony will be held approximately 30 minutes after the last athlete completes the course. Awards will be given to the top 3 places for each sex and age compliments of Park Western Leasing, Inc.

### RACE DETAILS:

- Swimming heats will be divided up according to age groups, 2 people per lane, parallel swimming. 6-8 year old girls swim first.
- ANSI/SNELL approved bike helmets must be strapped onto all participants' heads prior to exiting the transition area.
- Shoes must be on and secured before exiting the transition area for the bike and run portion of the race.
- Participants are responsible for counting their swim, bike and run laps. Parents and spectators can assist with counting, but it is ultimately the participants' responsibility. If a participant does not complete the correct amount of laps, they are not eligible for place awards.
- Race will be held regardless of weather.

Please check out our website at <http://www.ci.longmont.co.us/rec/special/LongmontYouthTriathlon.htm> for more race details.

### LONGMONT KIDS ONLY TRIATHLON ENTRY FORM

Name: \_\_\_\_\_ Male Female

Age participant will be on 6/05/10: \_\_\_\_\_ Birth Date: \_\_\_\_\_

E-Mail: \_\_\_\_\_ Phone #: \_\_\_\_\_

Address: \_\_\_\_\_ City, State, Zip: \_\_\_\_\_

T-Shirt Size: Youth Med Youth Lg Adult Sm Adult Med Adult Lg

Entry Fee Enclosed:  \$28  \$38 Begins Tues, June 1, 2010

*Entry Fee is \$3 more due to processing fee for Flatirons Timing.*

Payment:  Cash  Check\*  Charge (Visa/MC/AmEx/Dis)

Card#: \_\_\_\_\_ Expiration Date: \_\_\_\_\_

\*Checks made out to: City of Longmont

#### Please read and sign the liability waiver below:

I understand that there are certain risks involved with participating in any recreational activity. I expressly understand, agree that neither the City of Longmont Colorado, a municipal corporation, nor any of its officers, agents, volunteers, assistants, or employees, shall be held responsible or made subject to any claims, including any claim for negligence, seeking to assess damages or liability for or arising from personal injury or property damage to myself or other person in whose behalf this form is now signed as a result of actual or proposes participation in the above named programs. I, on behalf of myself and my child, hereby agree to **HOLD THE CITY OF LONGMONT, ITS OFFICERS, AGENTS, VOLUNTEERS, ASSISTANTS, AND EMPLOYEES, HARMLESS ON ACCOUNT OF ANY SUCH CLAIM.**

\_\_\_\_\_  
Printed Name of Minor Child

\_\_\_\_\_  
Printed Name of Parent or Guardian

\_\_\_\_\_  
Signature of Parent or Guardian

\_\_\_\_\_  
Date