

## KIDS AND SPRINT TRIATHLON OFFICIAL ENTRY FORM

Make check to and mail to: Greenwood YMCA, 1760 Calhoun Road, Greenwood, SC 29648  
 Each contestant must submit separate form • No refunds can be issued for these events

USAT Member, (# \_\_\_\_\_) or  USAT Non-Member Registering For:  SPRINT or  KIDS Estimated Swim Time \_\_\_\_\_ M.I. \_\_\_\_\_  
 First Name \_\_\_\_\_ Last Name \_\_\_\_\_ Apt. # \_\_\_\_\_  
 Mailing Address \_\_\_\_\_ State \_\_\_\_\_ City \_\_\_\_\_ Zip \_\_\_\_\_ Email \_\_\_\_\_

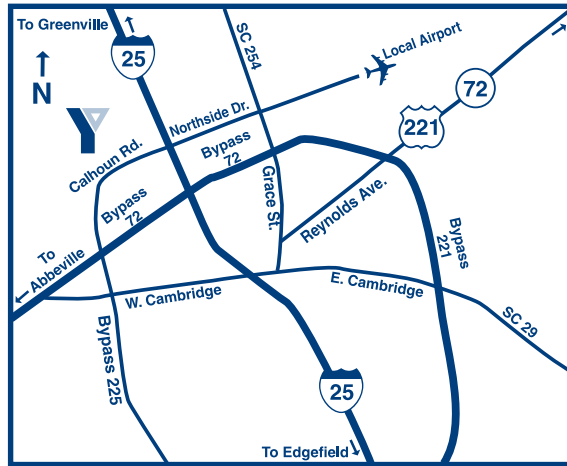
Phone: Home (\_\_\_\_) \_\_\_\_\_ - \_\_\_\_\_ Phone: Work (\_\_\_\_) \_\_\_\_\_ - \_\_\_\_\_ D.O.B. \_\_\_\_/\_\_\_\_/\_\_\_\_  
 Age on Dec. 31, 2010 \_\_\_\_\_ Circle Gender: M F Shirt Size: Adult 2XL XL L M S Youth L M S  
 Race Category (Adults Only): Age Group (Individual Participant) \_\_\_\_\_ Novice (1st Time Triathlon Participant) \_\_\_\_\_ Relay (Team Participant) \_\_\_\_\_

**Registration:** KID'S: \$20.00 on or before April 10, 2010 (Add \$5 if not a USAT Member) • \$25.00 after April 10, 2010 (Add \$5 if not a USAT Member)  
 SPRINT: \$50.00 on or before April 10, 2010 (Add \$10 if not a USAT Member) • \$60.00 after April 10, 2010 (Add \$10 if not a USAT Member)  
 RELAY: \$90.00 on or before April 10, 2010 (Add \$10 per participant, if not a USAT Member) • \$100.00 after April 10, 2010 (Add \$10 per participant if not a USAT Member)  
 I, the undersigned applicant, for and in consideration of the benefits derived by participation in YMCA programs, do hereby release and forever discharge the YMCA, its agents, servants, representatives, staff, and sponsors from and against any and all liability and responsibility for any injury, illness or sickness which may result from participation in YMCA programs or general recreation, and do hereby further agree to indemnify and hold harmless the YMCA, its agents, servants, and employees from any and all liability in such regard.

**Signature (Parent or Guardian if under 18)** \_\_\_\_\_ Date \_\_\_\_/\_\_\_\_/\_\_\_\_



## Directions to the Greenwood Family YMCA



### DIRECTIONS:

#### From Greenville:

From I-85 Exit US 25 South to Calhoun Road, turn right onto Calhoun, YMCA is approximately 3/4 mile on the left.

#### From Columbia:

From I-26 Exit SR 72 West to 72 Bypass towards Abbeville, turn right onto Calhoun Road, YMCA is approximately 1/2 mile on the right.

#### From Augusta:

From I-20 Exit US 25 North to Calhoun Road, turn left onto Calhoun Road, YMCA is approximately 3/4 mile on the left.

### Accommodations:

Holiday Inn Express • 864-223-2296 • \$88/Night  
 Fairfield Inn • 864-330-3300 • \$89/Night

Ask for "YMCA Triathlon" rate when making reservations.

Please call (864) 223-9622 for further assistance.



*Tri-umphant Weekend*

11th ANNUAL



# SPRINT TRIATHLON

APRIL 18, 2010 • 7:30 AM START

7th ANNUAL

# KID'S TRIATHLON

APRIL 17, 2010 • 1:00 PM START



SPONSORED BY



Your Community Provider for Better Health Care.

# The Greenwood Family YMCA will host it's 11<sup>th</sup> Annual Sprint Triathlon on April 18<sup>th</sup> at 7:30 am And the 7<sup>th</sup> Annual Kids' Triathlon on April 17<sup>th</sup> at 1:00 pm

*Purpose: To encourage physical fitness and fun. A portion of the proceeds will go toward Youth Scholarships for Summer Camp.*

**AGE UP RULE:** All 2010 event participants will be racing in the age category of their age on December 31, 2010.

**YOUTH ANNUAL MEMBERSHIP FEE:** Youth triathlon event participants must become a member of USA Triathlon. This youth annual membership fee of \$5 allows participation in all 2010 events. Please see [www.usatriathlon.org](http://www.usatriathlon.org) or call Janada Jay at (864-223-9622, ext. 25)) with any questions.

## Kid's Triathlon

**DATE:** April 17, 2010  
**START TIME:** 1:00 PM  
**DISTANCES:** 100 yard swim  
3 mile bike  
1 mile run  
**LOCATION:** Greenwood Family YMCA  
1760 Calhoun Road  
Phone (864) 223-9622

**REGISTRATION:**  
Registration postmarked by April 10, 2010  
USAT Member \$20.00  
NON-Member \$25.00  
*(includes \$5 USAT Youth Membership fee)*

**LATE REGISTRATION:**  
Postmarked after April 10, 2010:  
USAT Member \$25.00  
NON-Member \$30.00  
*(includes \$5 USAT Youth Membership fee)*

**PACKET PICK-UP**  
Saturday, April 17 at the Greenwood Family YMCA from 11:00 AM - 12:30 PM

**RACE CATEGORIES (Ages 5-13)**  
Age Groups - Boys and Girls  
Single year brackets  
Awards for overall boy and girl and 1st, 2nd, and 3rd place for each age

## Sprint Triathlon

**DATE:** April 18, 2010  
**START TIME:** 7:30 AM  
**DISTANCES:** 300 yard swim  
20k bike  
5k run  
**LOCATION:** Greenwood Family YMCA  
1760 Calhoun Road  
Phone (864) 223-9622

**REGISTRATION:**  
Registration postmarked by April 10, 2010  
USAT Member \$50.00  
NON-Member \$60.00  
*(includes \$10 USAT One-Day License fee)*

**LATE REGISTRATION:**  
Postmarked after April 10, 2010:  
USAT Member \$60.00  
NON-Member \$70.00  
*(includes \$10 USAT One-Day License fee)*

**PACKET PICK-UP**  
Saturday, April 17 at the Greenwood Family YMCA from 5:00 PM - 6:30 PM or  
Sunday, April 18 at YMCA from 6:00 AM - 7:00 AM.

**RACE CATEGORIES (Ages 13 and Up)**  
Age Groups - Men and Women, 13-14, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64 and 65+. Awards to Overall Male and Female, Overall Masters Male and Female, and 1st and 2nd place finishers in each age group, 1st place Novice (Male & Female) & 1st place Relay Team.

## Relay Teams

(2 or 3 people)  
Each participant must fill out an entry form. Please send forms and team fee together.  
Fee: \$90 per team.  
Late Fee: \$100 (postmarked after 4/10/10)  
*(plus \$10 USAT insurance fee per participant.)*



The Sprint Triathlon is part of the **Upstate Sprint Triathlon Series.**  
For more details, visit: [www.upstateytri.com](http://www.upstateytri.com)



**SANCTIONED EVENT**

Both races are USAT sanctioned events and all USAT rules apply.

**Course information and maps:**  
[www.greenwoodymca.org](http://www.greenwoodymca.org)

To be properly seeded in the swim, your registration must be received by 4/15/10