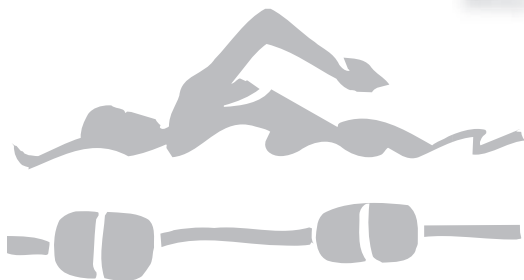


MIDDLE TYGER **YMCA**   
TRIATHLON
June 5, 2010



Start Time: 7:00 a.m.

Distances: 400 meter Swim • 14m Bike • 4m Run

COURSE

Pool Swim
(50m lanes)

Bike

Great course on country roads; Bike is out and back with a loop in the middle.

Run

Run is out and back with a few rolling hills.

AWARDS

Awards will be given to:

- The overall male and female finishers
- 1st and 2nd place finishers in each age group

Age Groups

Men and women
19 & under, 20-24,
25-29, 30-34, 35-39,
40-44, 45-49, 50-54,
55-59, 60 & over

REGISTRATION

Mailed by May 22nd

USAT Member \$50.00
Non-Member \$60.00
**Relay Team \$90.00

Late Registration
mailed after May 22nd

USAT Member \$60.00
Non-Member \$70.00
**Relay Team \$100.00

**Add an additional \$10.00 one day fee for each relay person who is not a USAT member. Each person is required to fill out a registration form and sign.

PACKET PICKUP

Middle Tyger YMCA

Friday
June 4th
5:00 - 6:00 p.m.

Saturday
June 5th
5:45 - 6:30 a.m.

OTHER INFO

This event is USAT sanctioned and all USAT rules apply.

Seedings

To be properly seeded in the swim, your registration must be received by May 22nd.

Location: Middle Tyger YMCA

720 Shoals Road • Duncan, South Carolina 29334 • Phone (864) 433-9623

For more information or to register online for one or more of the Upstate Sprint Triathlons, visit www.active.com, www.sportoften.com, or www.spartanburgymca.org.

MIDDLE TYGER **YMCA** TRIATHLON OFFICIAL ENTRY FORM 2010

Make check to and mail to: Middle Tyger YMCA • 720 Shoals Road • Duncan, South Carolina 29334

Each contestant must submit separate form.

USAT# (if USAT Member) _____ Estimated Swim Time _____ M.I. _____
 First Name _____ Last Name _____ Apt# _____
 Mailing Address _____ Email _____
 City _____ State _____ Zip _____
 Phone: Home () _____ Phone: Work () _____ D.O.B. / /
 Age on Race Day _____ Circle Gender: M F Circle Shirt Size: Adult - XL L M S


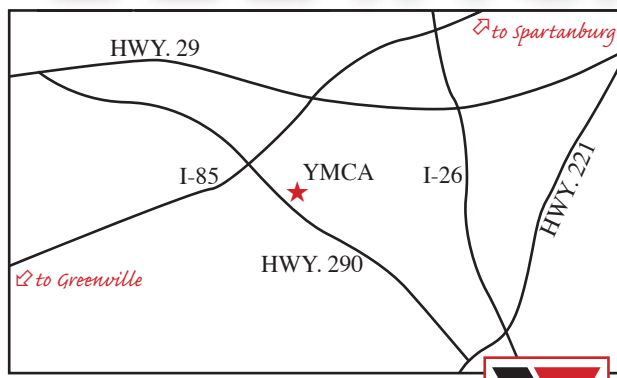
REGISTRATION: Mailed by May 22nd - USAT Member \$50.00 / Non-Member \$60.00 / **Relay Team \$90.00
 Late Registration (mailed after May 22nd) - USAT Member \$60.00 / Non-Member \$70.00 / **Relay Team \$100.00
 **Add an additional \$10.00 one day fee for each relay person who is not a USAT member. Each person is required to fill out a registration form and sign.

IF YOU ARE A RELAY PARTICIPANT, PLEASE LIST NAMES OF TEAM MEMBERS.

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 _____ Date / / _____ Emergency Contact _____ Phone: () _____
 (Parent or Guardian if under 18)

DIRECTIONS TO THE MIDDLE TYGER YMCA

- From Greenville:**
- Take I-85 N toward AIRPORT/SPARTANBURG.
 - Take the SC-290 exit- EXIT 63- toward DUNCAN/MOORE.
 - Turn RIGHT onto E MAIN ST/SC-290.
 - Turn LEFT onto Shoals Rd.
- From Spartanburg:**
- Take I-85 S toward GREENVILLE.
 - Take the SC-290 exit- EXIT 63- toward DUNCAN/MOORE.
 - Turn LEFT onto E MAIN ST/SC-290.
 - Turn LEFT onto Shoals Rd.

Our Valued sponsors:





CAROLINA FOOT CARE, LLC



UPSTATE **SPRINT**    **TRIATHLON** SERIES

June 5, 2010 • Middle Tyger YMCA • Duncan, SC



Benefiting Partners with Youth

Middle Tyger YMCA Triathlon sponsored by:



ORTHOPAEDIC ASSOCIATES
 1330 Boiling Springs Road, Ste 1600
 Spartanburg SC 29303
 115 Deacon Tiller Court
 Duncan SC 29334
 (864) 582-6396