



FOR YOUTH DEVELOPMENT®  
 FOR HEALTHY LIVING  
 FOR SOCIAL RESPONSIBILITY



**Salina Family YMCA**  
 570 YMCA Drive  
 Salina, Kansas 67401  
 785.825.2151 | salinaymca.org

# TRAIN EXECUTE SUCCEED

## Indoor Triathlon SALINA FAMILY YMCA

**Saturday, March 23**  
**8:00 am – 1:00 pm**



### Registration & Rules

**February 25 – March 18**

1. Ages 5 & up
2. Estimated indoor swim time required for Jr/Adult divisions.
3. Bring your own goggles and swim caps
4. Prizes will be given by age categories for 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> place

### Fees

Little Tikes	\$10/member	\$20/non-member
Jr/Adult	\$20/member	\$40/non-member

### Divisions

#### Little Tikes (5-7)

1 length (parent can be in pool)  
 Tricycle race course  
 2 laps around track

#### Jr (8-13)

2 laps in pool  
 2 mile bike  
 1 mile track run

#### Adult (14+)

500 Meter Swim  
 6 mile bike  
 2 mile track run

### Informed Consent Agreement

I hereby certify that I and or my child is in normal health and capable of safe participation in the Indoor Triathlon. I assume all risks and hazards incidental to the conduct of this program. I support the YMCA philosophy which is based on participation, fun, physical fitness, health, skill development, teamwork, fair play, family involvement, and volunteer leadership. I give permission to the Salina Family YMCA to use without limitation or obligation, photographs, film footage, or tape recordings which may include me or my children's image or voice for the purpose of promotion or interpreting YMCA programs. This agreement must be signed to participate in this program.

Participant Name (Print)	Age	Division	Swim Time	Date
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Parent/Guardian Name(Print)

Parent/Guardian Name Signature