



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# TRIATHLON FOR FUN

**10th Annual Youth Triathlon**  
**Ages 7-14**  
**Saturday, May 26, 2018**  
**9 a.m. Rain or Shine**

## FREE CLINICS

Swim Clinic – Thursday 5/17 & 24  
6:15 – 7 pm – Graham Aquatic Lobby  
Bring suit, towel and goggles

Transition Clinic – Friday 5/25  
6:15 – 7 pm – Graham Aquatic Lobby  
Bring nothing

## CONTACT:

Michelle Thomas 717-817-9583  
or

John Nelson at:  
[jnelson@yorkcoymca.org](mailto:jnelson@yorkcoymca.org)

Updates and results will be  
posted at [www.swimyorky.org](http://www.swimyorky.org).

BASKET RAFFLE  
&  
SILENT AUCTION

NEW  
IN 2018  
TEAM RELAYS!



## THE GRAHAM AQUATIC CENTER

543 N. Newberry Street  
York, PA 17401

### COURSE INFO:

- Swim portion in a 25-meter pool in the Graham Aquatic Center 543 N. Newberry St. York, PA 17403
- Run portion is in Farquhar Park– quite a hilly run!
- Bike portion is on the road circling Kiwanis Lake and nearby neighborhoods
- View course map at [http://www.swimyorky.org/kids\\_tri.html](http://www.swimyorky.org/kids_tri.html)

### ENTRY INFO:

- Open to the first **300** entries
- Youth Racers: \$30 with **FREE** T-Shirt and **FREE** clinics
- **NEW THIS YEAR:** Teams: \$15 per racer includes **FREE** clinics
- Race day entries accepted 7:30-8:30am **CASH ONLY**
- Entry fee is non-refundable and available online at [www.runsignup.com](http://www.runsignup.com). Online registration opens 02/13/17.

### SAFETY INFORMATION:

- Bike helmets are required. **MUST** be safety approved
- All participants **MUST** wear appropriate footwear for the bike and run portions

### GENERAL INFO:

- Registrants are encouraged to pick up their packets prior to race day at the Graham Aquatic Center on Thursday 5/24 or Friday 5/25 from 5:00-7:00pm
- A **mandatory** pre-race meeting for all participants and parents will be held in the stands of the Graham Aquatic Center at 8:45am race day

Registration Opens Online  
February 13, 2018  
[www.runsignup.com](http://www.runsignup.com)



| Age Group | 7-8      | 9-10     | 11-12     | 13-14 & Team Relay |
|-----------|----------|----------|-----------|--------------------|
| Swim      | 25m      | 50m      | 100m      | 150m               |
| Bike      | 1 mile   | 1 mile   | 2 miles   | 2 miles            |
| Run       | .5 miles | .5 miles | .75 miles | 2 miles            |

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