

# Youth & Adult Triathlon

June 8<sup>th</sup> 2019

Kids Start at 10 am      **\$10**

<u>Ages 3-5</u>	<u>Ages 6-8</u>	<u>Ages 9-12</u>	<u>Ages 13-16</u>
<u>Swim</u> : 10 yards	50 yards	100 yards	150 yards
<u>Bike</u> : 200 yards	1 mile	2 miles	3 miles
<u>Run</u> : 100 yards	.5 mile	1 mile	1.5 miles

Adults Start at 8 am:      **\$15**

Swim: 5 laps (250 yards)

Bike: 5 miles

Run: 5K

**\*You can pick up registration any time at Sedgwick City Hall or at the Sedgwick City Pool after they open Memorial weekend.**

This is an excellent opportunity for youth and adults to experience the sport of a Triathlon! Try it as a team, or as a family, or as an individual. Participants will receive a medal at completion and a bag at check -in with coupons from our sponsors.

The Triathlon will begin and end at the Sedgwick City Pool with the biking and running around the park for the children. Routes around the town will be marked for the older age groups and adults. Parents are encouraged to bike and run with the kids or welcomed to just cheer from the sidelines.

**Kids Triathlon Timeline:**

- 9:30 am- CHECK IN at the table to get map and sponsor bag and park your bike
- 9:50 am - Mandatory pre-event meeting for parents and kids located in the pool area
- 10:00 am- Kids Triathlon will begin ( order of race: swim, bike, run)

**Adult Triathlon Timeline:**

- 7:30am-CHECK IN to get map of the course and a sponsor bag
- 8:00am-Adult Triathlon will begin

**What to bring:**

- Swim suit, goggles, towel, bike helmet, running shoes, ( no flip flops for the bike and run portion)
- \*If participants are not strong swimmers they may use a life vest or run in the shallow end\*
- \*Kick boards will be available as well\*

**For more information Contact:**

Abra Thieme \*All proceeds go to Sedgwick Sharks Swim Team\*  
316-650-6676  
[abrathieme@gmail.com](mailto:abrathieme@gmail.com)

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Name: \_\_\_\_\_

Adult Phone # \_\_\_\_\_

Payment Check/ Cash \_\_\_\_\_

\*By signing registration form, Participants hereby assume all the risks and responsibilities of unforeseeable damages or injuries. And have been warned to be in good health to participate\*