



Waldo County YMCA

★ We build strong kids, strong families, strong communities. ★

The Waldo County YMCA Triathlon Festival

Saturday, May 15, 2010

Triathlon held at the Waldo County YMCA
157 Lincolville Avenue, Belfast, Maine 04915



Get ready to Tri !

Thanks to our sponsors!



Adult Triathlon

Who: Triathletes age 14 and up
Swim 525 Yards
Bike 12.2 Miles
Run 3.5 Miles

Start Time: 7:30 a.m.

(Only 150 adult slots available. Sign up early.)

Kids' Triathlon

Who: 7 & Under
Swim 25 Yards
Bike 600 Yards
Run ¼ Mile

8-10 year olds
Swim 50 Yards
Bike 1200 Yards
Run ½ Mile

11-13 year olds
Swim 100 Yards
Bike 1800 Yards
Run 1 Mile

Start Time: 1:00 p.m.

Schedule of Events

6:00 a.m.	Packet Pick-up and Transition Opens
7:30 a.m.	On Site Parking Closes
7:30 a.m.	Registration Closes for Adult Race
7:30 a.m.	Mandatory Race Meeting in the Pool Area
8:00 a.m.	Swim Wave 1 Starts
12:00 p.m.	Registration closes for Kid's race
12:00 p.m.	Awards Ceremony / Kids' Race Instructions
1:00 p.m.	Kids' Races Start
1:00 p.m.	7 & Under- Wave 1
1:30 p.m.	8 -10 Year olds -Wave 1
2:00 p.m.	11-13 Year olds- Wave 1

Fees

	Waldo County YMCA Member Cost	Non-Member Cost
Adult triathlete	\$60	\$75
Teen triathlete	\$45	\$60
Relay team	\$120 / team	\$120 / team
Youth triathlete	\$25	\$35

REGISTRATION NOW OPEN!!

Log on to www.waldocountyymca.org for complete details and online registration.

Waldo County YMCA • 157 Lincolville Avenue • Belfast, Maine 04915

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