



Kids Triathlon

14210 E. Sprague Spokane Valley, WA 99216

Sunday, Sept. 11, 2011 starting at 12pm

Times and distances are approx. Please arrive 30 min. before your child's race time.

DEADLINE SEPT. 2ND, LATE ENTRIES MAY DELAY T-SHIRTS

TIME	AGE GROUPS	SWIM	BIKE	RUN
12:00pm	6 and under	20 yds.	1 mile	1/4 mile
12:30pm	7 - 8	40 yds.	2 miles	1/2 mile
1:00pm	9 - 10	60 yds.	3 miles	3/4 mile
1:30pm	11 - 12	80 yds.	4 miles	1 mile

Each participant will receive a medal and T-shirt. COST \$15

Name _____ **Age** _____ **Sex: M or F**

Address _____

E-mail _____ **Phone** _____

Shirt Size: Youth S ___ M ___ L ___ Questions?? 435-1030 Tristin

WAIVER: In consideration of acceptance of this entry and intending to be legally bound, I hereby for myself, heirs, executors and administrators waive, release, and discharge any and all rights and claims to damages which I may have or which may hereinafter accrue to me against the Fitness Center Inc or other sponsors of this run, or respective officers, agents, representative successors and/or assigns for myself in connection with my entry and/or travel to participate in and returning from the kids triathlon. I have read the above statement. I understand it and my signature confirms its acceptance,

Signature: _____ **Date:** _____

Parent's signature if under 18: _____ **Date:** _____