

March 11, 2012-The 5th Annual Southwest Valley Regional YMCA Olympic & Sprint Triathlon/Duathlon
Adult OLYMPIC Tri: 1500 m swim, 24 mi Bike, 6 mi Run (The Swim takes place in a heated pool)

Adult SPRINT Tri: 400 m. Swim, 12-m Bike, 3 mi Run

Adult Sprint DU: 1/2-mi Run, 12-mi bike, 3 mi Run - Youth Tri: 100 m. swim, 4 mi B; 1/2 mi Run

Adult 2 or 3 person Olympic Relay teams - Same distances as Olympic listed above

The Adult Sprint tri is also a qualifier for Senior Nationals this year (over 50 years old)

WHERE: The Southwest Valley Regional YMCA, 2919 N. Litchfield Rd. (On the northeast corner of Thomas & Litchfield rd.)

WHEN: Youth Tri starts at 6:45 am. ALL TRI-ENTRANTS MUST HAVE THEIR BIKES in transition **AREA NO LATER THAN 6:30 AM** (Adult's Sprint Tri **SWIM** begins at the conclusion of Youth event approx 7:30am, Olympic Triathlon begins at conclusion of Sprint triathlon swim. **Registration will be Limited to 500 total race entrants.**

AWARDS: Five deep in all age & team categories. All children receive a ribbon *regardless* of finish.

REGISTRATION: Registration: Packets and late registration will be available at Landis Cyclery, Saturday March 10th, at 712 W. Indian School Rd., (Northwest corner of 7th Ave. & Indian School rd. in Phoenix, 602-264-5681) 1pm - 5 pm. All entrants **MUST** sign a **LIABILITY WAIVER** at packet pick up (ID required). Packet pick-up is on Saturday and is **HIGHLY recommended**, if not, packet pick up on race day closes at **6:00 am**. Parent signature required if participant is under the age of 18 yrs old. **HELMETS ARE REQUIRED!**

A LARGE PORTION OF THE PROCEEDS WILL GO TO THE YMCA STRONG KIDS PROGRAM.

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FEES: OLYMPIC TRI Individual: \$89 postmarked before February 17th, Until March 1st, \$99,... \$ 105 thereafter.

FEES: SPRINT TRI or Du Individual: \$67 postmarked before; February 17th, Until Mar 1st, \$79 ...\$85 thereafter.

Olympic Relay Team: \$165 postmarked before February 17th, \$180 Until Mar 1st, \$190, thereafter \$199.

Youth TRI: \$49 postmarked before February 17th, \$55 thereafter.

RACE DAY SIGN-UP'S ACCEPTED FROM 5:30 TO 6 AM \$5 EXTRA -No t-shirt guarantee

DIVISIONS: Youth Race Age divisions: 7-8, 9-10, 11-12, 13-14 yrs old

(Individual) Triathlon's 15-19, 20-24; 25-29; 30-34; 35-39; 40-44; 45-49; 50-54; 55-59; 60-64; 65-69; 70+, **Athena:** 150+ lbs **Clydesdale:** 200+ lbs, Relay divisions: Coed, All Female, All Male.

SPONSORS: City of Goodyear & Avondale, SW Valley Regional YMCA, Landis Cyclery, Coffee's of Hawaii, Carlos O'Brien's, Adobe Images, M & J Trophies, Camelback Coaching, Triple Sports, & Hammer Gel, Over \$750 in merchandise

MAIL ENTRY FORMS & CHECKS TO: Tri-Family Racing, P O Box 86867, Phoenix, AZ, **85080-6867**

"Make checks payable to: Tri-Family Racing" or register online at Active.com

LAST NAME	FIRST NAME	YMCA ADULT Member less \$5, Youth less -\$3

MAILING ADDRESS - INCLUDE APT NUMBER		Female + 150 lbs	Male + 200 lbs.

CITY	STATE	ZIP CODE	Athena	Clydesdale	

AGE	SEX	AREA CODE	PHONE NUMBER	S	M	L	XL

**For more Race Information
see Trifamilyracingcom**

Check SPRINT TRI	Check OLYMPIC TRI	Check Youth Tri	Check Sprint DUATHLON
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RELAY TEAM INFORMATION ONLY BELOW:

RELAY TEAM NAME	COED	ALL MALE	ALL FEMALE

SWIMMER: LAST NAME	FIRST NAME	Shirt Size	Sex

BIKER: LAST NAME	FIRST NAME	Shirt Size	Sex

RUNNER: LAST NAME	FIRST NAME	Shirt Size	Sex