

CHALLENGE

2013-2014
TRI-CUP
SERIES

YOURSELF

AWARDS
for top 3
overall
finishers
&
top 3
in each
age group



TRI
THEM
ALL
7 Y'S, 7 TRI'S

TRIATHLON TRAINING

Get ready for your triathlon with a six week individual or team training program. Contact any Greater Wichita YMCA location for details.



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

TRIATHLON CUP

Challenge Yourself
GREATER WICHITA YMCA



INDIVIDUAL REGISTRATION

Event: (Sign up for the complete series and receive a Tri Cup Jacket!)

- Nov 10
- Dec 1
- Jan 12
- Feb 16
- Mar 9
- Apr 6
- May 4

Name 1: _____ DOB: _____

Email: _____ Shirt Size: _____

Phone: _____ Sex: _____ 500 yd: _____
Swim Time

PARTICIPATION RELEASE

I release the Greater Wichita YMCA, its coaches and officials from all claims of injury which may be sustained by above individual while participating in any YMCA-sponsored activity, whether caused by the negligence of the YMCA or otherwise. If medical attention is required, I give my permission for such medical care. I also agree to follow the Greater Wichita YMCA sportsmanship standards and guidelines. By signing below, I give the YMCA permission to use photographs or videos of the above named participant in its promotional/educational materials.

Participant 1 Name _____

Signature _____ Date _____

Fees:

\$30 x _____ events = \$ _____

\$12 tshirt (optional) = \$ _____

\$10 additional fee = \$ _____
for Tri-cup championship (NW)

TOTAL ENCLOSED = \$ _____



LIFECHANGING
ymcawichita.org
facebook.com/ymcawichita

CALENDAR

November 10, 2013
South YMCA

December 1, 2013
West YMCA

January 12, 2014
East YMCA

February 16, 2014
Downtown YMCA

March 9, 2014
Andover YMCA

April 6, 2014
North YMCA

All events are indoor except for the Tri Cup Championship.

Triathlon Cup Championship

May 4, 2014
Northwest YMCA

Swim: 400 yds (Indoor)
Bike: 12 mi (Outdoor)
Run: 2.8 mi (Outdoor)

Sign up for the complete series and receive a Tri Cup Jacket!

EVENT DETAILS

Distances

Swim: 500 yds (indoor)
Bike: 6 mi (indoor)
Run: 2 mi (indoor)

Tri Cup Championship:

May 4, Northwest YMCA
Swim: 400 yds (Indoor)
Bike: 12 mi (Outdoor)
Run: 2.8 mi (Outdoor)

Fees

\$30 per individual, per event
\$60 per team of three, per event

Additional \$10 to compete in the Tri Cup Championship (May 4, Northwest YMCA)

Points System

(applies to each age group per race)

1st place	12 pts
2nd place	10 pts
3rd place	8 pts

All finishers will receive 1 point.

10 points for completion of all 7 Greater Wichita YMCA Triathlons.

All events chip-timed.

Age Groups (male and female)

3-15	35-39	60-64
16-19	40-44	65-69
20-24	45-49	70+
25-29	50-54	
30-34	55-59	

TEAM REGISTRATION

Event:

Nov 10 Dec 1 Jan 12 Feb 16
 Mar 9 Apr 6 May 4

(Sign up for the complete series and receive a Tri Cup Jacket!)

Name 1: _____ DOB: _____

Email: _____ Shirt Size: _____

Phone: _____ Sex: _____ 500 yd: _____
Swim Time

Name 2: _____ DOB: _____

Email: _____ Shirt Size: _____

Phone: _____ Sex: _____ 500 yd: _____
Swim Time

Name 3: _____ DOB: _____

Email: _____ Shirt Size: _____

Phone: _____ Sex: _____ 500 yd: _____
Swim Time

PARTICIPATION RELEASE

I release the Greater Wichita YMCA, its coaches and officials from all claims of injury which may be sustained by above individual while participating in any YMCA-sponsored activity, whether caused by the negligence of the YMCA or otherwise. If medical attention is required, I give my permission for such medical care. I also agree to follow the Greater Wichita YMCA sportsmanship standards and guidelines. By signing below, I give the YMCA permission to use photographs or videos of the above named participant in its promotional/educational materials.

Participant 1 Name _____

Signature _____ Date _____

Participant 2 Name _____

Signature _____ Date _____

Participant 3 Name _____

Signature _____ Date _____

Fees:

\$60 x _____ events = \$ _____

\$12 x _____ tshirts = \$ _____

\$10 additional fee = \$ _____
for Tri-cup championship (NW)

TOTAL ENCLOSED = \$ _____

Make checks payable to: Greater Wichita YMCA



Register online at www.ymcawichita.org or fill out and return registration form with your payment to any of eight convenient Greater Wichita YMCA locations.