

Ankeny Youth Triathlon

presented by the Ankeny Jaycees



Swim, bike and run! The Ankeny Jaycees and Ankeny Parks and Recreation will host the 3rd Annual Ankeny Youth Triathlon. Swim through Prairie Ridge Aquatic Center, bike around the Sports Complex and run through the finish line at the Northview Middle School Track. A bike helmet is required for the bike portion of the event. Kids of all levels are encouraged to compete. Awards will be handed out, but everybody that competes is a winner. A participation meeting will be held on Thursday, July 23rd at 7:00pm at the shelter east of the Aquatic Center and is highly recommended.

DATE Saturday, July 25, 2009	TIME Check In: 7:30-8:30am Race Begins: 8:30am	DIVISIONS 7-8 Year Olds 9-10 Year Olds 11-12 Year Olds 13-14 Year Olds Boys & Girls Compete Separate	FEE \$25 through July 17 \$30 after July 17	DEADLINE July 23 @ 5pm
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Ages	Swim	Bike	Run
7-10 years	100 yards	2 miles	.5 mile
11-14 years	200 yards	4 miles	1 mile

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Make Checks Payable to "City of Ankeny"
Ankeny Parks and Recreation Office,
210 S. Ankeny Blvd. Ankeny, IA 50023

Child's Name: _____

Age: _____ Birthdate: _____ Boy _____ Girl _____

Address: _____

Contact #'s: (H) _____ (W) _____ (C) _____
(Circle Preferred)

Email: _____

"I hereby give permission for my child to participate in the Ankeny Youth Triathlon and certify that he/she is physically fit for this activity. I understand the City of Ankeny & other sponsors of this program do not carry health/accident insurance to cover participants in all programmed activities. I will not hold the City of Ankeny or other sponsors responsible in case of accident or injury that could occur."

Parent/Guardian Signature (required)

Date