



**AGES
6-14
YRS**



RANDOLPH-ASHEBORO YMCA

**19th ANNUAL
KIDS TRI AT THE Y!**

Check In Begins At 8:00AM

First Event Begins At 9:00 AM

**SAT.
MAY
18TH**

Tri-athletes must be on the Splash Pad at 8:45 AM.

Registration

Register Online or at the YMCA Front Desk

**FREE Community Event For Youth Ages 6-14.
Thank You To Our Sponsors In Collaboration
With The Randolph-Asheboro YMCA**

FREE



(336) 625-1976

343 NC Hwy 42 N. Asheboro, NC 27203

randolphasheboroymca.com

KIDS TRI AT THE Y RACE DAY INSTRUCTIONS

- Check in at front entrance of the YMCA between 8:00 AM - 8:30 AM
- Take bike and helmet to bike station located behind the pool at the Splash Pad and place shoes on Splash Pad for transition
- Be on Splash Pad ready to begin at 8:45 AM for Opening Ceremony. Race begins at 9:00 AM.
- After swimming event, athletes will exit pool through the outside door, put on shoes and begin the bike portion of the race.
- Athletes will park bikes when finished riding and run down the steps and across the covered bridge to the walking path for the final running event.
- The finish line is at the Covered Bridge.
- Water and bananas will be at the picnic shelter when the athlete completes the race.
- Splash Pad party and awards when all participants have finished.

NOTE

- Bike Line Up order number is according to Heat List
- The number of laps to bike around parking lot is according to age group
- The number of laps to run around the walking path is according to age group

PLEASE HELP YOUR CHILD COUNT NUMBER OF LAPS COMPLETED

COURSE LENGTHS:

Age 6-8

Swim 25m (1 length of pool), Bike 1/4 mile (2 laps around parking lot),
Run 1/4 mile (1 lap around 1/2 walking path)

Age 9-11

Swim 50m (2 length of pool), Bike 1/2 mile (4 laps around parking lot),
Run 1/2 mile (1 lap around walking path)

Age 12-14

Swim 100m (4 length of pool), Bike 3/4 mile (6 laps around parking lot),
Run 1 mile (2 laps around walking path)

EQUIPMENT NEEDED

Bathing suit, goggles, towel, socks, shoes, bicycle, bike helmet, shorts & t-shirt.

AWARDS

All participants will receive a Medal and T-shirt at the awards ceremony held on the Splash Pad for the entire family to enjoy!

Contact: Robin Hatch (336) 625-1976 or rhatch@asheboroymca.com