

# September 25, 2016 the 9<sup>th</sup> Annual Southwest Valley Family YMCA REVERSE Adult & Youth Sprint Triathlon & Duathlon

**The Youth & Adult Triathlon swim is in a heated pool!**

**MINI TRI: 2.0 Run, 8.0 mi Bike, 200m. Swim MAXI TRI: 2.0 mi. run, 12 mi Bike, 400m. Swim**

**MAXI TRI PLUS: 4.0 mi Run, 16 mi Bike, 800 m Swim, MAXI DU: 2.0 mi. Run, 12 mi. bike, 2.0 mi. Run**

**YOUTH TRI: 1/2mi. run, 4 mi. Bike; 100 m Swim, Adult 2 or 3 person Tri-Relay, Same distances as Maxi Tri PLUS**

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

**WHEN:** Youth Tri starts 6:00/6:15am. ALL TRI-ENTRANTS MUST HAVE THEIR BIKES in transition AREA NO LATER THAN 5:45 AM (Adult's Sprint Tri SWIM begins at the conclusion of Youth event approx 6:45/7am)

**Heated pool swim, all Bike and run is on paved Policed and barricaded city streets or sidewalks.**

**AWARDS:** Five deep in all age & Relay team categories. All youth also receive a participant ribbon.

**REGISTRATION:** September 24<sup>th</sup> from 1pm to 5pm at the Phoenix Landis Cyclery at 712 W. Indian School rd. Phoenix, AZ (at the northwest corner of Indian School road & 7<sup>th</sup> Ave.) All entrants MUST sign a liability waiver packet pick up.

**MINI TRI:** \$69 postmarked before September 11<sup>th</sup> \$75 before Sept. 18<sup>th</sup>, \$82 thereafter.

**MAXI TRI OR DUATHLON:** \$85 post marked before Sept 11<sup>th</sup>, \$90 before Sept 18<sup>th</sup>, \$95 thereafter

**MAXI TRI PLUS:** \$89 post marked before Sept 11<sup>th</sup> \$95 before Sept 18<sup>th</sup>, \$99 thereafter

**ADULT RELAY TEAMS: TRI ONLY** \$195 postmarked before September 18<sup>th</sup> thereafter \$210

**YOUTH TRI: 6-14 years old:** \$52 postmarked before Sept. 11<sup>th</sup>, \$57 before Sept 18<sup>th</sup> Thereafter \$59

**RACE DIVISIONS: Children's Race Age divisions:** 7-8, 9-10, 11-12, 13-14 yrs old. Adult TRI Individual Male and Female Mini Tri & Maxi Tri (under 49 and Maxi DU) - 15-19, 20-24; 25-29; 30-34; 35-39; 40-44; 45-49; 50-54, 60-64, 70+, **Athena** - Females 150+ lbs --- **Clydesdale** - Males - 200+ lbs,

**SPONSORS:** Wanna Tri, Landis Cyclery, Southwest Valley YMCA, , Carlos O'Brien's, M & J Trophies, Tribe Multisports, Anteater Exterminating, Tri-Family Racing, : Over \$500.00 in merchandise, WOW !!!!!

**MAIL ENTRY FORMS to:** Tri-Family Racing, PO Box 86867, Phoenix, AZ 85080-6867 Make checks payable to Tri-Family Racina" Or reaster online at trifamilvracina.com

LAST NAME						FIRST NAME								
CITY						STATE		ZIP CODE		Athena    Clydesdale				
				-		-		-		S   M   L   XL				
AGE		SEX		AREA CODE		PHONE NUMBER								
Youth TRI			Check Mini Triathlon			Check Maxi Triathlon			Check Maxi Duathlon			Check Maxi Tri Plus Triathlon		

TRI RELAY TEAM NAME												Circle	COED	MALE	FEMALE
SWIMMER: LAST NAME						FIRST NAME						Sex			
												Sex			
BIKER: LAST NAME						FIRST NAME						Sex			
												Sex			
RUNNER: LAST NAME						FIRST NAME						Sex			