



YMCA OF GREATER MONTGOMERY

# I-TRY KIDS TRIATHLON

Saturday, May 4th, 2024

Bell Road YMCA

Montgomery, AL 36117

334-271-4343

### Registration and Fee:

March 18th through April 27th, 2024

\$45 Y Members

\$60 Non-Members

**\*\$25 Special Rate for ALL Y Summer Swim Team Members\***

Register at the YMCA or online at [www.ymcamontgomery.org](http://www.ymcamontgomery.org)

### Check In, Race Day Registration and Set Up:

Check in, late registration and set up takes place from 6:00am to 6:45am. Event begins at 7:30am.

### Awards:

T-shirts will be given to all early bird registrations.

All participants receive a finishing medals.

Top three boys and girls in each age group will receive awards.

### Munchkin: Ages 3-5

Swim 25 meters, Bike 1/2 mile, Run 1/4 mile

Munchkins will be allowed to wear Coast Guard approved flotation devices and training wheels or tricycles.

### Junior: Ages 6-10

Swim 75 meters, Bike 1 miles, Run 1/2 mile

### Senior: Ages 11-15

Swim 150 meters, Bike 2 miles, Run 1 mile

Name: \_\_\_\_\_ Phone: \_\_\_\_\_ Circle: Male Female

Address: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Email: \_\_\_\_\_ Age on Race Day: \_\_\_\_\_ Date of Birth: \_\_\_\_\_

Emergency Contact: \_\_\_\_\_ Cell Phone: \_\_\_\_\_

Y Member: \_\_\_\_\_ Non-Member: \_\_\_\_\_

T-shirt Size: YS YM YL AS AM AL AXL AXXL

I hereby give my permission for my child or ward to participate in the specific activities described on the reverse side of this card ("activities"). I understand that the activities are inherently risky and potentially hazardous, and as a result, I accept full responsibility for, and risk of, injury to my child or ward for loss or damage to his or her property that may result from his or her participation therein. I, for, and on behalf of myself and my child or ward, hereby release waiver, and covenant not to sue the Young Men's Christian Association of Montgomery, Inc., and its directors, officers, employers, and agents (collectively the "Releases") from all claims, demands, damages, losses, or causes of actions arising from any injury to my child or ward or loss or damage to his or her property that may occur while my child is participating in the activities. I further indemnify and hold harmless the Releases from all loss, liability, damage, or cost that may occur due to my child's or ward's participation in the activities.

In the event of injury, I authorize the Releases to provide or cause to provide such medical care and treatment to my child or ward as may be necessary and appropriate. I understand that I am solely responsible for all costs incurred for such medical care or treatment. I hereby give my permission to the Releases to use indefinitely, without limitation or obligation, photographs, film footage, or tape recordings which may include my child's or ward's image or voice to promote or interpret the YMCA programs and activities.

I have read and voluntarily signed this agreement and agree to be bound by its terms.

Parent or Guardian's Signature: \_\_\_\_\_ Date: \_\_\_\_\_