

Black Canyon Sprint Triathlon — 5th Annual School Youth Cup

Can you and two friends.... swim a few laps... ride a bike...run... ?

You don't have to be an expert to enter a triathlon! Get a couple of friends from your grade at school and enter a team. Show your school spirit!
Win a plaque with YOUR name on it to be displayed at your school!

Saturday, October 3rd, 2009. Check In: 6:30am; Race Start 7:00am.

Open to students from Montrose County Schools in grades 1st-8th.
Teams consist of 1, 2 or 3 students from the same grade and same school.
This event is held in conjunction with the Black Canyon Sprint Triathlon.

Registration Forms Due: Friday, September 25th; Registration Fee: \$30 per team.

1st - 4th Grade Team Information:

1, 2, or 3 students from the same grade and school
100 Meter Swim (2 laps/4 lengths of the pool)
5K Bike (3 miles)
1.2 Mile Run

5th - 8th Grade Team Information:

1, 2, or 3 students from the same grade and school
250 Meter Swim (5 laps /10 lengths of the pool)
10K Bike (6 miles)
2.2 Mile Run

Registration Deadline Friday, September 25th; mail to: MRD, PO Box 63, Montrose, CO 81402 or drop off at aquatic center.
Packet Pickup and Meeting Friday, October 2nd - 6:30 pm, MRD Aquatic Center (Corner of Rio Grande and Colorado Avenue).
Please plan to attend. Essential information will be shared.
Race Day Saturday, October 3rd - Participant check in by 6:30 am. Event will begin *promptly* at 7:00 am.

Registration Form

(One form needed for each team member)

Mail to: Montrose Recreation District, 970-249-7705, PO Box 63, Montrose CO 81402
Or drop off at the MRD Aquatic Center, 25 Colorado Avenue
Please make checks payable to: **Black Canyon Sprint Triathlon**



Please Print—(One form needed for each team member)

Participant Name: _____ Grade: _____ School: _____

Team Name: _____ Swim / Bike / Run (please circle event you are doing)

Date of Birth: _____ Sex (circle one) M or F

Mailing Address: _____

City _____ Phone #:(H) _____ (W) _____ (C) _____

Email address: _____ T-Shirt Category (circle one) Adult Youth ; T-Shirt Size (circle one): S M L XL

Liability Waiver

The undersigned, for myself, my heirs and assigns, hereby agree indemnify and hold harmless the Black Canyon Sprint Triathlon and all of its sponsors, their agents, employees, representatives, or assigns from any and all actions, causes of actions, or claims for injuries or damages the undersigned may have by reason of participation in the Black Canyon Sprint Triathlon on Saturday, October 3, 2009. Further, I consent to and authorize the use and reproduction, for any purpose and without compensation, of all photographs and video taken of participants while competing in the Black Canyon Sprint Triathlon. If my child or I require medical attention, I hereby give my consent to medical personnel to provide medical care as is deemed necessary by such authorized personnel.

Participant Signature _____ Date _____

Parent/Guardian Signature _____ Date _____

Bicycle helmets mandatory for all biking participants

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Goal of the Youth Cup: To encourage children and their families and friends to be more physically active.



Guidelines (Please Read Closely):

- Participants may be any age up to grade 8.
- Youth Cup participants may be 1, 2 or 3 member teams.
- Ideally teams are from one school. However, if this is not the case, the trophy plaque will be divided time wise between schools. Montrose and Olathe area home schooled children and those from non public schools are welcome to participate.
- If a team is comprised of members from different grades, they will be competing in the grade of the highest grade participant.
- Family and friends are encouraged to participate in biking and running. This is especially true for the younger participants!
- Scholarships are available so no child will be denied participation due to financial constraints.
- No help from non-team members is allowed with ankle bracelet transitions.
- It is the responsibility of the team members to know the course. If a team member does not complete the course, the team will be disqualified.
- Attendance at the Pre-Race Registration on Friday evening is highly encouraged for all team members. The course for the triathlon will be reviewed as well as important information regarding procedures.
- The entire Youth Cup event will be completed by 8 am, prior to the start of the Black Canyon Sprint Triathlon, so there should be minimal conflict with other activities of the day.