

# SWIM BIKE RUN

## **SUPERKIDZ TRAINING CAMP** | Ages 4-14

July 9-13 | 9AM-11:30AM

Experienced instructors train children ages 4-14 to excel in swimming, cycling, and running for our July 14 SuperKidz Triathlon. Camp fee includes triathlon entry fees, t-shirt, and diabetes awareness and prevention education.

**YMCA Member:** \$70 | **Non-member:** \$100

## **SUPERKIDZ TRIATHLON** | Ages 4-14

July 14 | 8:30AM-10:30AM

Come join us for the 15th year of this YMCA summer tradition! Children swim, bike, and run age appropriate distances in and around the Sports Park. Early registration guarantees a t-shirt. Awards for 1st, 2nd, and 3rd place boys and girls in each age group.

**Entry Fee** \$20 by 7.7.17 | \$25 7.8.17 or after

## **SPLASH & DASH** | Ages 15 & up

July 14 | 10:30AM-1:00PM

Older teens and adults get to join in the fun with the Summer Splash & Dash at the YMCA Sports Park. Early registration guarantees a t-shirt.

**SWIM** | 750m (.5mi = 15 lengths)

**RUN** | 3mi (3 laps around Sports Park)

**Entry Fee** \$20 by 7.7.17 | \$25 7.8.17 or after

## **YMCA SPORTS PARK**

4508 Gillionville Road

Albany, GA 31721

229.436.0531

**[www.albanyareaymca.org](http://www.albanyareaymca.org)**

[www.active.com](http://www.active.com) online registration coming soon!

07.14.2017 8:30 AM

AND SUMMER SPLASH & DASH

15th ANNUAL YMCA SUPERKIDZ TRIATHLON



## YMCA SuperKidz Triathlon Rules and Information

The Event Coordinator reserves the right to rule on any situation prior to or during the event.

Children must be supervised during warm-ups and upon completion of the event. The warm-up period begins at 7:30 a.m. and ends at 8:15 a.m. The event will begin at 8:30 a.m., and all participants and observers must be clear of the competition path. Parents/guardians are required to remain on premises during the competition. We encourage all parents/guardians to support their child(ren), but we ask that all observers remain clear of the race course and transition area.

Body tagging will take place during registration (different colored bracelet per age category). Bracelets are used to keep track of all participants during the event. **This tag must be visible for the duration of the competition.**

First through third place awards will be given in each division for both male and female. The awards ceremony will be held after the completion of the competition. Food and drinks will be available at the end of the course.

### SWIM

- All participants will be required to wear appropriate swimwear. Triathlon attire and swim caps are not required.
- Lifeguards and volunteers will be on hand to ensure the safety of all participants. All other observers will be required to remain clear of the water.
- Participants may not enter the water other than warm-ups and race time. All participants must be supervised during the warm-up period.
- Upon completion of competition, the pool area will be open to all participants and guests for the remainder of the day.

***Munchkins only:*** Coast Guard approved flotation devices will be allowed during this portion of competition. (No inflatable flotation devices will be permitted.)

### BIKE

- **Proper footwear and bike helmets are required** during the bike portion of the event. Participants may not leave transition area until footwear has been properly secured, and bike helmet has been buckled in place.
- Volunteers will be on hand to ensure the safety of all participants. All other observers will be required to remain clear of the transition area and bike path. Water tables will be available for the participants.

***Munchkins only:*** One parent/guardian may assist munchkin participants in the transition area. Training wheels and tricycles are permitted. See race director for special consideration.

### RUN

- **Proper footwear must be worn. NO FLIP FLOPS.**
- Volunteers will be on hand to ensure the safety of all participants. All other observers will be required to remain clear of the running path. Water tables will be available for the participants.

**YMCA Sports Park | 4508 Gillionville Road, Albany, GA  
229-436-0531 | [www.albanyareaymca.org](http://www.albanyareaymca.org)**

# ALBANY AREA YMCA | 2018 SUPERKIDZ TRIATHLON & CAMP REGISTRATION FORM

Triathlon Only

Camp and Triathlon

## CHILD INFORMATION

NAME: \_\_\_\_\_ AGE ON RACE DAY: \_\_\_\_\_

DOB: \_\_\_\_/\_\_\_\_/\_\_\_\_ SEX: \_\_\_\_\_ GRADE ENTERING IN SCHOOL: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

CITY: \_\_\_\_\_ STATE: \_\_\_\_\_ ZIP: \_\_\_\_\_ YMCA MEMBER: YES NO

T-SHIRT SIZE (CIRCLE ONE): YS YM YL AS AM AL AXL

## CONTACT INFORMATION

MOTHER'S NAME: \_\_\_\_\_ PHONE: \_\_\_\_\_

EMAIL: \_\_\_\_\_

FATHER'S NAME: \_\_\_\_\_ PHONE: \_\_\_\_\_

EMAIL: \_\_\_\_\_

GUARDIAN'S NAME: \_\_\_\_\_ PHONE: \_\_\_\_\_

EMAIL: \_\_\_\_\_

## MEDICAL INFORMATION AND RELEASE

PHYSICIAN'S NAME: \_\_\_\_\_ PHONE: \_\_\_\_\_

HOSPITAL PREFERENCE: \_\_\_\_\_

EMERGENCY CONTACT OTHER THAN PARENTS: \_\_\_\_\_

PHONE: \_\_\_\_\_ RELATIONSHIP TO CHILD: \_\_\_\_\_

MEDICAL PROBLEMS OR ALLERGIES: \_\_\_\_\_

**PEANUT HULLS ARE USED AS A RESILIENT SURFACE ON OUR PLAYGROUNDS**

### MEDICAL RELEASE

I, \_\_\_\_\_, hereby give permission to the Albany Area YMCA  
PARENT OR LEGAL GUARDIAN NAME  
staff to seek medical treatment or surgical care for my child, \_\_\_\_\_  
CHILD NAME  
should any emergency arise. It is understood that a conscientious effort will be made to locate me or my spouse before any action will be taken, but if not possible to locate us, any incurred expenses will be accepted by us, the parents.

\_\_\_\_\_  
PARENT OR LEGAL GUARDIAN SIGNATURE

\_\_\_\_\_  
DATE

## PICK UP INFORMATION

Who is authorized to pick up your child from camp? Please print and include yourself.

1. NAME: \_\_\_\_\_ PHONE: \_\_\_\_\_

2. NAME: \_\_\_\_\_ PHONE: \_\_\_\_\_

3. NAME: \_\_\_\_\_ PHONE: \_\_\_\_\_

4. NAME: \_\_\_\_\_ PHONE: \_\_\_\_\_

5. NAME: \_\_\_\_\_ PHONE: \_\_\_\_\_

# Saturday, July 15, 2017

## YMCA Sports Park, 4508 Gillionville Road, Albany

**TRIATHLON ONLY REGISTRATION & FEE** \$20 through July 13; \$25 after July 13. Take advantage of the Early Bird Registration Fee. Register online at active.com, in advance at the YMCA in Albany or Leesburg, or register at the Sports Park day of race.

**TRIATHLON CAMP REGISTRATION & FEE** YMCA Member: \$70; Non-member: \$100. Camp fee includes Triathlon entry fee and t-shirt.

**CHECK IN, RACE DAY REGISTRATION & SET UP** Check-in, late registration and set up takes place from 7:30 - 8:15 a.m. Event begins at 8:30 a.m. Location: YMCA Sports Park Pool. 4508 Gillionville Road, Albany

**RACE TIME & RULES** Event begins at 8:30 a.m. beginning with Munchkins. Each age group will complete the course before the next group begins

**AWARDS** T-shirt for all Early Bird Registrations. Top three boys and girls in each age group will receive awards. Light refreshments provided. Participants and their family can swim all day FREE.

### CLASSIFICATIONS & RACE REQUIREMENTS

**MUNCHKIN | Ages 4-6** Swim 25 yards; Bike .49 miles; Run .25 miles

*Munchkin participants will be allowed to use Coast Guard -approved flotation devices, and training wheels or tricycles.*

**JUNIOR | Ages 7-10** Swim 75 yards; Bike 1 mile; Run .5 miles

**SENIOR | Ages 11-14** Swim 150 yards; Bike 2 miles; Run 1 mile

### PARENT AUTHORIZATION

This information sheet is correct to the best of my knowledge, and the youth herein described has permission to attend the noted camp(s). In the event I cannot be reached in an emergency, I hereby give permission for a selected hospital to secure proper care of my child. I also give the YMCA permission to transport my child to and from all activities and will not hold the YMCA responsible for any injury incurred. I also give permission for my child to be included in photographs and/or video, which may be used for promotional or informational purposes. The undersigned acknowledges that the YMCA is legally mandated to report any suspicions of child abuse to the proper authorities.

### MY CHILD HAS PERMISSION TO PARTICIPATE IN ALL ACTIVITIES, (SWIM, BIKE, RUN,) HELD AT THE YMCA SPORTS PARK LOCATED AT 4508 GILLIONVILLE ROAD IN ALBANY, GEORGIA.

I understand I must pay the registration fee (one time) at the time of registration or by phone if paying by Credit Card. Full payment is due by Saturday at 5:00 p.m. prior to the start of camp on Monday. This waiver must be completed by start of camp.

### A late fee of \$10.00 per child will be charged if not paid by Saturday AT 5:00p.m.

**CAMP NEEDS:** swim suit, towels, goggles, sun screen, any flotation device if needed for event, (see SuperKidz Triathlon registration rules,) dry clothes, **MUST HAVE CLOSED TOE SNEAKERS, BIKE & HELMET**, (bike can be locked and kept in annex at Sports Park Gym,) water bottle, snack and or lunch.

**Camp begins at 9 a.m. CAMP IS OVER PROMPTLY AT 11:30 A.M.**

**Please note: Peanut hulls are used as a resilient surface on our playground.**

*I have read the above policies and agree to all terms.*

PARENT OR LEGAL GUARDIAN SIGNATURE \_\_\_\_\_

DATE \_\_\_\_\_

### WAIVER/RELEASE

*In consideration for being permitted to utilize the facilities, services, and programs of the YMCA for any purpose, including but not limited to observation or use of facilities or equipment, or participation in any program affiliated with the YMCA, without respect to location, the undersigned, for himself or herself and any personal representatives, heirs, and next of kin, hereby acknowledges, agree and represents that he or she has, or immediately upon entering or participating will inspect and carefully consider such premises and facilities or the affiliated program. It is further warranted that such entry into the YMCA for observation or use of any facilities or equipment or participation in such affiliated program constitutes an acknowledgement that such premises and all facilities and equipment thereon and such affiliated programs have been inspected and carefully considered and that the undersigned finds and accepts same as being safe and reasonably suited for the purpose of such observation, use, or participation. The YMCA is legally mandated to report any suspicion of child abuse to the proper authorities. The applicant hereby gives permission for the YMCA to use, without limitation or obligation, photographs, film footage or tape recordings which may include the member's image or voice for purposes of promoting or interpreting YMCA programs.*

**IN FURTHER CONSIDERATION OF BEING PERMITTED TO ENTER THE YMCA FOR ANY PURPOSE, INCLUDING BUT NOT LIMITED TO OBSERVATION OR USE OF FACILITIES OR EQUIPMENT, OR PARTICIPATION IN ANY PROGRAM AFFILIATED WITH THE YMCA, WITHOUT RESPECT TO LOCATION, THE UNDERSIGNED HEREBY AGREES TO THE FOLLOWING:**

1. THE UNDERSIGNED HEREBY RELEASES, WAIVES, DISCHARGES AND CONVENANTS NOT TO SUE the YMCA, its directors, officers, employees, and agents (hereinafter referred to as "releasees") from all liability to the undersigned, his personal representatives, assigns, heirs, and next of kin for any loss or resulting in death of the undersigned, whether caused by the negligence of the releasees or otherwise while the undersigned is in, upon, or about the premises or any facilities or equipment therein, or participating in any program affiliated with the YMCA, without respect to location.
2. THE UNDERSIGNED HEREBY AGREES TO INDEMNIFY AND SAVE AND HOLD HARMLESS the releasees and each of them from any loss, liability, damage, or cost they may incur due to the presence of the undersigned in, upon, or about the YMCA premises or in any way observing or using any facilities or equipment of the YMCA or participating in any program affiliated with YMCA whether caused by the negligence of the releasees or otherwise.
3. THE UNDERSIGNED HEREBY ASSUMES FULL RESPONSIBILITIES FOR AND RISK OR BODILY INJURY, DEATH, OR PROPERTY DAMAGE due to negligence of releasees or otherwise while in, about, or upon the premises of the YMCA and/or while using the premises or any facilities or equipment thereon or participating in any program affiliated with the YMCA.

*THE UNDERSIGNED further expressly agrees that the forgoing RELEASE, WAIVER AND INDEMNITY AGREEMENT is intended to be as broad and inclusive as is permitted by the law of the State of Georgia and that if any portion thereof is held invalid, it is agreed that the balance shall, notwithstanding, continue in full legal force and effect.*

*THE UNDERSIGNED HAD READ AND VOLUNTARILY SIGNS THE RELEASE AND WAIVER IF LIABILITY AND INDEMNITY AGREEMENT & further agrees that no oral representations, statements, or inducement apart from the foregoing written agreement have been made.*

**I HAVE READ THIS RELEASE**

PARENT OR LEGAL GUARDIAN SIGNATURE \_\_\_\_\_

DATE \_\_\_\_\_