

# WHY SHOULD I PARTICIPATE?

To have FUN by experiencing a multi sport event in a safe, positive environment!

## WHAT IS INCLUDED?

T-shirt and tumbler to all participants.

Medals to all finishers.

Post race food and door prizes.

Pool party for families after the Triathlon!

A fun, challenging physical activity.

## HOW MUCH DOES IT COST?

\$20 for the first child in a family and \$15 for each additional child in that family. \$5 late fee after July 10th and you won't be seeded in the swim.

## HOW DO I GET READY?

### TRIATHLON WORKSHOP | FREE MONDAY, JULY 9TH 6:00 P.M.- 7:00 P.M.

Get a feel for the real thing! Bring your bike, your helmet and running shoes to learn how to transition from one sport to another. To register, please call 742-3828 or online at <http://register.recsports.ttu.edu>. Other great tips are available online at [www.recsports.ttu.edu/specialevents/kidstriathlon.php](http://www.recsports.ttu.edu/specialevents/kidstriathlon.php)

# WHAT DO I NEED TO KNOW?

This event begins with a swim at the Texas Tech Leisure Pool, then transitions to a bike ride and ends with a run around the Student Recreation Center.

## TRIATHLON EVENT DISTANCES

|                 | SWIM      | BIKE      | RUN       |
|-----------------|-----------|-----------|-----------|
| 7-10 YEAR OLDS  | 100 YARDS | 2.4 MILES | 1 MILE    |
| 11-14 YEAR OLDS | 200 YARDS | 3.2 MILES | 1.5 MILES |

Distances are approximate. Triathlon maps available online.

## WHAT SHOULD I BRING?

### -SWIM SUIT

Goggles are not mandatory but most swimmers like them.

(No flippers, kick boards or flotation devices allowed- participants must know how to swim)

### -BIKE

Be sure that it has working brakes. (Training wheels are not allowed- participants must know how to ride a bike)

### -HELMET

Be sure it's a helmet that is safety approved and that fits your head properly.

### -RUNNING SHOES

## PACKET PICK UP

All participants MUST pick up their race materials on Friday, July 14th, from 11am to 7pm in the Fit/Well at the Student Rec Center. This will also be your LAST chance to register! There will be no packet pick up or registration on race day.

# FIT 4 FUN KIDS TRIATHLON ENTRY FORM

## PLEASE PRINT NAME CLEARLY

Last \_\_\_\_\_

First \_\_\_\_\_

Age as of 7/14/18 \_\_\_\_\_ DOB \_\_\_\_\_

Phone # \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_

State \_\_\_\_\_ Zip \_\_\_\_\_

Parent E-mail \_\_\_\_\_

(REQUIRED)

## PLEASE ENTER:

\_\_\_\_ Boys 7-10 \_\_\_\_ Girls 7-10

100 yard swim time \_\_\_\_\_  
(REQUIRED)

We ask for a swimming speed time because children go in the water fastest to slowest.

\_\_\_\_ Boys 11-14 \_\_\_\_ Girls 11-14

200 yard swim time \_\_\_\_\_  
(REQUIRED)

## ENTRY FEES

\_\_\_\_ \$20 first child \_\_\_\_ \$15 add. Child \_\_\_\_ \$5 late fee (after 7/6)

## T-SHIRT SIZES

\_\_\_\_YS \_\_\_\_YM \_\_\_\_YL \_\_\_\_AS \_\_\_\_AM \_\_\_\_AL \_\_\_\_AXL

ORDER ADDITIONAL SHIRTS AT \$10 EACH (INCLUDE WITH PAYMENT)

\_\_\_\_YS \_\_\_\_YM \_\_\_\_YL \_\_\_\_AS \_\_\_\_AM \_\_\_\_AL \_\_\_\_AXL

## MAKE CHECKS PAYABLE TO:

TTU Recreational Sports

## ENTRY OPTIONS:

### MAIL:

FIT4FUN Kids Triathlon  
P.O. Box 42151 TTU  
Lubbock, TX 79409-2151

### IN PERSON:

The Student Rec Center

### ONLINE:

<http://register.recsports.ttu.edu>

ENTRY DEADLINE: July 9, without a late fee.

DON'T FORGET TO READ AND SIGN  
THE WAIVER FORM ON BACK!

**The following waiver must be signed by participant and guardian and submitted with the entry.**

TEXAS TECH UNIVERSITY RECREATIONAL SPORTS FIT4FUN KIDS TRIATHLON WAIVER, RELEASE AND INDEMNIFICATION FORM (must be signed):

In consideration of the acceptance of my entry in the TEXAS TECH UNIVERSITY RECREATIONAL SPORTS FIT 4FUN KIDS TRIATHLON.

1. I hereby agree to comply with all the rules and regulations and event instructions of the TEXAS TECH UNIVERSITY RECREATIONAL SPORTS FIT4FUN KIDS TRIATHLON and its coordinators.
2. I do hereby release Texas Tech University, the State of Texas, and Board of Regents, employees and student employees, Covenant Health System and Body Mind Initiative and volunteers of all liability related to injuries or accidents to myself which may occur as a result of participation in the Recreational Sports FIT4FUN KIDS TRIATHLON.
3. I hereby acknowledge that I have sole responsibility for my personal possessions and athletic equipment during the TEXAS TECH UNIVERSITY RECREATIONAL SPORTS FIT4FUN KIDS TRIATHLON event, and its related activities.
4. I hereby acknowledge that there are always certain risks associated with any physical activity. I understand these risks and declare myself physically sound and capable to participate in the RECREATIONAL SPORTS FIT4FUN KIDS TRIATHLON.
5. I hereby consent to receive medical treatment which may be deemed advisable in the event of injury, accident, and/or illness during the TEXAS TECH RECREATIONAL SPORTS FIT4FUN KIDS TRIATHLON EVENT. No warranty as to the quality of medical care is being made.
6. I hereby permit the free use of my name and picture in broadcasts, telecasts and the press as they pertain to the TEXAS TECH RECREATIONAL SPORTS FIT4FUN KIDS TRIATHLON event.
7. I hereby agree that in the event of a race cancellation due to a storm, rain, inclement seas or weather, winds or other "Act of God" conditions, my enrollment fee shall be non-refundable.

Date \_\_\_\_\_

PARTICIPANT SIGNATURE \_\_\_\_\_

Date \_\_\_\_\_

PARENT/GUARDIAN SIGNATURE \_\_\_\_\_

Mail entry to: FIT4FUN Kids Triathlon  
P.O. Box 42151 TTU  
Lubbock, TX 79409-2151



TEXAS TECH UNIVERSITY  
Recreational Sports™



**Saturday, July 14, 2018**

**For Ages 7-14**

**TTU Leisure Pool**

**7:30AM**

**SPONSORED BY**

**CovenantHealth** 