



**Dear Athletes & Parents:**

We are excited to have you participate in the Lititz recCenter 17th Annual Youth Triathlon on Friday, Oct 13th at the Lititz recCenter. Rain date October 21<sup>st</sup>. Registrations after September 26 will not guarantee you a t-shirt and goodie bag. For registration [www.lititzrec.com](http://www.lititzrec.com) or 717-626-5096 ext.221.

Event results will be sent via-mail to each participant. Refreshments & snacks will be in your goodie bags. Bottled water will be available, but participants should plan to bring their own additional water. Wearing masks is optional for youth participants.

**Registration, body marking, and t-shirt pick-up will be at the rear of Lititz recCenter in the Warwick Middle School parking area beginning at 3:45pm on Friday, October 13. Bikes should be dropped off in this area when you arrive. Athletes should arrive ready to swim.**

*Please do not attend if you are ill, have been exposed to illness, or if you are recovering from illness.*

**IMPORTANT EVENT INFO:**

- Parking is available at the Lititz recCenter Main Parking lot.
- Check-in Time is 3:45-4:45pm. Event Announcements 4:40pm
- Bike Safety check will be completed 3:45-4:45pm
- Athletes will be “marked” with entry numbers for timing purposes.
- Event start time is 5:00 pm. End time approximately 6 pm.
- Event begins with swimming in the Lititz recCenter Main Indoor Pool and start with older kids first. All athletes must wear proper swimwear and goggles are optional.
- The biking course is in Warwick Middle School parking area. Shoes and Helmet are required.
- The running course is on the field beside the Lititz recCenter.
- Athletes will be grouped by age: 5-6, 7-8, 9-10, 11-12
- In the event of storms, the biking event will be eliminated – biking will still occur in light rain.
- Running will be outside weather permitted. Athletes should wear proper footwear.
- Times will be taken strictly in the spirit of the event and will be shared with individual athletes following the event. Placing will not occur in this limited-competition event. Every athlete is encouraged to do their best and have fun!

**Athletes in all age groups will swim, bike and run to complete the event:**

**Approximate Times/Distances Per Age Group:**

<b>SWIM:</b>	5-6	1 length	7-8	1 length	9-10	two lengths	11 & 12	3 lengths
<b>BIKE:</b>	5-6	2 laps	7-8	3 laps	9-10	4 laps	11 & 12	5 laps
<b>RUN</b>	5-6	1 lap (1/4 mile)	7-8	1 lap (1/4 mile)	9-10	2 laps (1/2 mile)	11 & 12	3 laps

***Remember to Bring:***

- **Your bike & Helmet - knee and elbow pads are optional.**
- **Your swimsuit and a towel! All swimmers must be properly attired in a swimsuit to be in the pool.**
- **Your running shoes!**
- **Bring a water bottle – one bottle of water will be given to each participant.**

**For more details contact Fitness Director or 717-626-5096 ext.239**