



Dear Athletes & Parents:

We are excited to have you participate in the Lititz recCenter 17th Annual Youth Triathlon on Friday, Oct 13 at the Lititz recCenter. Rain date October 20th. Registrations after September 26 will not guarantee you a t-shirt and goodie bag. For registration 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 Lititz recCenter main 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 or compete if you are ill, you have been exposed to illness, or if you are recovering from illness.

IMPORTANT EVENT INFO:

- Parking is available in the Middle School Parking Lot.
- Check-in Time is 3:45-4:45pm.
- Bikes Safety will be completed 3:45-4:45pm
- Event Announcements 4:40pm
- Athletes will be “marked” with entry numbers for timing purposes.
- The event’s start time is 5:00 pm. The end time is approximately 6 pm.
- Swimming will be in the Lititz recCenter Main Indoor Pool and start with older kids first.
- The biking course is in the Lititz recCenter Main Parking Lot. 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
- The event starts with the swim.
- In the event of storms, the biking event will be eliminated – biking will still occur in light rain.
- All athletes must wear proper swimwear and goggles are optional.
- Running will be outside weather permitted. Athletes should wear proper footwear.
- Athletes will be “marked” with entry numbers for timing purposes.
- 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:

SWIM:	5-6	1 length	7-8	1 length	9-10	two lengths	11 & 12	3 lengths
BIKE:	5-6	2 laps	7-8	3 laps	9-10	4 laps	11 & 12	5 laps
RUN	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 SimonAbabou@lititzrec.com or 717-626-5096 ext.239