



Dear Athletes & Parents:

We are excited to have you participate in the Lititz recCenter 18th Annual Youth Triathlon on Friday, Oct 4th at the Lititz recCenter, with a rain date October 11st. Registrations after September 22nd will not guarantee you a t-shirt and goodie bag. For registration www.lititzrec.com or 717-626-5096 ext.225.

Refreshments & snacks will be in your goodie bags. Bottled water will be available, but participants should plan to bring their own additional water.

Registration, body marking, and t-shirt pick-up will be in the parking lot of the Lititz recCenter beginning at 3:45pm on Friday, October 4th. Bikes should be dropped off in the designated 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.

Event results will be sent by mail to each participant.

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 starts with little kids first. All athletes must wear proper swimwear, goggles are optional.
- The biking course is in the Lititz Rec Parking. 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. We are not timing the transitions between events. 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 Coordinator Alan Makar at 717-626-5096 ext.225 or email fitness@littizrec.com