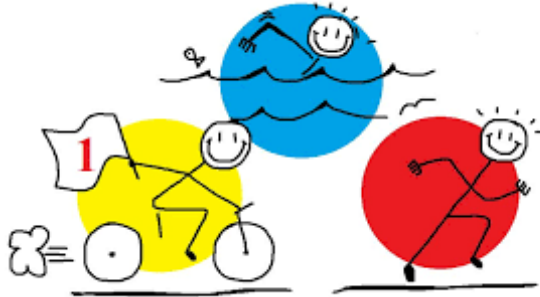


# RWC Kids Triathlon

Are you up for a challenge? Test your swimming, cycling and running skills!

This event emphasizes fitness, self-confidence and fun, in a safe, family-supported environment.

Join us as we kick off Sweet Corn Days weekend with some competitive FUN!



**Date: Friday, August 4, 2023**

**Time: 2:00 pm**

**Cost: \$25.00**

**• Junior Division: Ages 5 - 6 (2:00 pm)**

50 Yard Swim, 800 Meter Bike, 300 Meter Run

**• Intermediate Division: Ages 7 - 9 (approx. 2:45 pm)**

100 Yard Swim, 2 Mile Bike, 400 Meter Run

**• Senior Division: Ages 10 - 13 (approx. 3:30 pm)**

200 Yard Swim, 4 Mile Bike, 800 Meter Run

Participants must bring their own bicycle, swimming and running gear.

Parents are encouraged to assist as needed in this event with their child.

## ***Your RWC 2023 Kids Triathlon***

Name: \_\_\_\_\_

Age: \_\_\_\_\_

Address: \_\_\_\_\_

Male / Female

Date of Birth: \_\_\_\_\_

Phone Number: \_\_\_\_\_

Parents Name(s): \_\_\_\_\_

Email: \_\_\_\_\_

**Investment: \$25.00**

Includes participation awards & prizes.

Please return payment and registration form to *Your RWC* before Noon on Friday, August 4th.