



FLORIDA STATE UNIVERSITY YOUTH **TRIATHLON** & ADULT SUPER SPRINT

Sunday, September 5, 2010, 7:30 a.m.

All athletes are expected to arrive prior to 7 am -- race begins youngest to eldest at 7:30 am

Morcom Aquatic Center
2560 Pottsdamer Road
Tallahassee, FL 32310

\$40 Registration Fee

Finishers Medals and Race Day t-shirt or gift for all registrants
including post race food and awards party

Register online at www.IAmAthlete.com

Info: www.lamTri.com/profile/YTS

Or contact Suzanne Henslee for specific questions at:
727-CAN-RACE Zanna@tampabay.rr.com

BENEFITING

LIVESTRONG
LANCE ARMSTRONG FOUNDATION

Distances for Each Age Are As Follows:

5 and 6 year olds – The Sprinters 25 yard swim (1 pool lengths), ½ to 1 mile bike, ¼ mile run

7 and 8 year olds - The Olympians 100 yard swim (4 pool lengths), 2 mile bike, ½ mile run

9 and 10 year olds – The Contenders 100 yard swim (4 pool lengths), 2 mile bike, ½ mile run

11 to 14 year olds – The Elites 200 yard swim (8 pool lengths), 4 mile bike, 1 mile run

Adult Super Sprinters - 200 yard swim (8 pool lengths), 4 mile bike, 1 mile run (Parents Are Encouraged To Race!)

Mail This Registration Form To: XRM, 451 Broadway St., Dunedin, FL 34698

Athlete Information:

Last Name: _____ First Name: _____

Street Address: _____

City: _____ St: _____ Zip Code: _____

Cell Phone Name & Number: (____) _____ - _____

Email Address: _____

DOB: ____/____/____ M F USAT #: _____