



York Daily Record  
YORK SUNDAY NEWS  
THE YORK DISPATCH

# 6TH ANNUAL YWCA LADIES' SPRINT TRIATHLON

SUNDAY, JUNE 27, 2010 @ 8:00 AM  
GRUMBACHER SPORTS & FITNESS CENTER  
890 GRANTLEY RD.  
YORK, PA 17403

**500-YARD SERPENTINE SWIM ~ 15-MILE BIKE RIDE ~ 5K RUN**

JOIN IN THE FUN AND GET FIT AT THE SAME TIME! ENJOY CAMARADERIE AND COMPETITION OF THIS WOMEN ONLY TRIATHLON. WHETHER YOU PARTICIPATE AS AN INDIVIDUAL OR AS A MEMBER OF A TEAM, YOU ARE BOUND TO HAVE A TERRIFIC TIME!

**Early Packet Pick-Up (at YWCA):** Saturday, 6/26/10  
10:00 am—noon

**Packet Pick-Up:** Sunday, 6/27/10 6:30—7:30 am

All athletes are required to pick up their own packet and to sign a waiver at pick-up.  
Athletes under the age of 18 will need a guardian's signature.

**Mandatory Athlete Meeting:** 7:45 am Race Morning

**AWARD CATEGORIES**

**Individual:**  
Overall Female, Top Master (age 40+), Top 3 in the following Age Groups: 14-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60+

**Team:**  
Top 3 Relay Teams

**T-Shirts and Finisher Medal for All!**  
Finishing results will be posted on the 'Score-This' and the YWCA York websites!

FOR MORE INFORMATION, PLEASE VISIT OUR WEBSITE AT [WWW.YWCAYORK.ORG](http://WWW.YWCAYORK.ORG)  
E-MAIL US AT [TNEFF@YWCAYORK.ORG](mailto:TNEFF@YWCAYORK.ORG)  
OR CALL US AT THE YWCA: **717-845-2631 EXT. 131**

REGISTER ONLINE AT [WWW.ACTIVE.COM](http://WWW.ACTIVE.COM) OR MAIL IN THE BOTTOM PORTION OF THIS FLYER TO THE YWCA. FOR TEAMS, EACH TEAM MEMBER MUST FILL OUT A FORM. THANK YOU!

**Make checks payable to:** YWCA York; **Mail to:** YWCA York, 320 E. Market St., York PA 17403

**Entry Fees\*:**

Early Bird Registration by 5/31/10  
\_\_\_\_\_ \$45 per individual  
\_\_\_\_\_ \$100 per team

On Time Registration by 6/26/10  
\_\_\_\_\_ \$50 per individual  
\_\_\_\_\_ \$120 per team

Race Day Registration by 6/27/10  
\_\_\_\_\_ \$55 per individual  
\_\_\_\_\_ \$125 per team

**Last Name:** \_\_\_\_\_  
**First Name:** \_\_\_\_\_  
**Address:** \_\_\_\_\_  
**City/State/Zip:** \_\_\_\_\_  
**E-Mail:** \_\_\_\_\_  
**Phone:** \_\_\_\_\_  
**Age (as of 6/27/10):** \_\_\_\_\_  
**Estimated Swim Time:** \_\_\_\_\_  
(to be used for seeding)

**Team Name:** \_\_\_\_\_  
**T-Shirt Size:** S \_\_\_\_\_ M \_\_\_\_\_ L \_\_\_\_\_ XL \_\_\_\_\_



\*Entry fees non-refundable.

