



**2007 BEWARE OF BARRACUDA  
YOUTH TRIATHLON  
EAGLE ROCK RESORT  
HAZLETON, PA**



**SUNDAY AUGUST 12TH**

**Benefits the Hazleton YMCA/YWCA Barracudas Swim Team**

The Hazleton YMCA/YWCA, and Eagle Rock Resort are proud to announce our 2nd annual Youth Triathlon. The event will be held at the base of the Eagle Rock Resort, on its crystal clear, spring fed Lake Susquehanna, and on the adjacent resort roadways.

**WHEN:** Sunday August 12th 2007. Athlete Check-in will run from 7:00-7:30. The swim will start at 8:00 a.m. Swimmers will be sent in waves determined by age group.

**AGE GROUPS:** Awards will be divided by age groups; 6 & under, 7-8, 9-10, 11-12, 13-18. Age will be determined as age the day of the meet.

**COURSE:** Athletes 10 and under will swim a 100 yard course, a 1 Mile (1 loop) bike, and a .5 mile run. Athletes 11 & up will swim a 200 yard course, a 2 Mile (2 loop) bike, and a 1 mile run.

**AWARDS:** Commemorative T-shirts will be guaranteed to all athletes registered prior to August 1<sup>st</sup>. All finishers will received a medal. Age group trophies will be awarded to 1<sup>st</sup>, 2<sup>nd</sup>, and 3<sup>rd</sup> swimmers per age group.

**ENTRIES/REGISTRATION:** Early registration for this event will run through Wednesday, August 1<sup>st</sup>. Early registration entry fee will be \$15.00 for the event. Late registration will be \$20.00. Registration will close Saturday, August 12<sup>th</sup> 7:30a.m., or when the maximum closeout of 75 athletes has been met. Checks Payable to the Hazleton YMCA/YWCA.

**RULES & SAFETY:** All races will follow the 2006 USAT rules and regulations. Hazleton Y lifeguards, and volunteers will provide safety for this event. Volunteer kayakers are welcome to serve as auxiliary support and must contact the race director for more information and instructions.

**PARKING:** Participants and Spectators will be required to park at the Base Lodge Parking lot for this event. This is approximately 1/4 mile from Lake Susquehanna Beach. From Parking lot to beach, turn right out of lot onto Walden Drive, turn left onto Tuscarora drive, and take right onto Beach Road. Race will start from Beach.

FACILITY: Eagle Rock Resort is a private gated community. As guests of the facility we ask all participants to respectfully obey all Eagle Rock posted roadway signs, and any instructions given by Eagle Rock security personnel. Also, use of the beach facility has been granted to us only till 1:00 p.m. At that time we must conclude our race program and award ceremony.

SEED TIME: To ensure that all swimmers are properly conditioned for an open water swim, all swimmers must list a seed time for the 100 yard or 200 yard swim. Seed times may be swum in a pool. Swimmers must be capable of swimming a similar distance in a pool, without stopping or resting, and at the conclusion of the (pool) swim be capable of safely completing a warm down swim of equal distance.

RACE DIRECTOR: Rob Gould will serve as the race director. All inquires should be directed to him at : [robgould@ymca-ywca-of-hazleton.org](mailto:robgould@ymca-ywca-of-hazleton.org), or 570-455-2046 ext 127. Course maps and on-line registration available at [www.ymca-ywca-of-hazleton.org/triathlon/race.htm](http://www.ymca-ywca-of-hazleton.org/triathlon/race.htm).

### REGISTRATION FORM

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Triathlete: \_\_\_\_\_ Age \_\_\_\_\_ DOB \_\_\_\_\_ Sex \_\_\_\_\_  
(Name)

\_\_\_\_\_ Address \_\_\_\_\_ city \_\_\_\_\_ state \_\_\_\_\_ zip \_\_\_\_\_ Phone number \_\_\_\_\_

\_\_\_\_\_ email address \_\_\_\_\_

T-shirt Size: Adult S \_\_\_ M \_\_\_ L \_\_\_ XL \_\_\_ Childs S \_\_\_ M \_\_\_ L \_\_\_ XL \_\_\_

List SEED TIMES for swim:

100 or 200 yard swim: \_\_\_\_\_

\*SEED TIMES verify that registered swimmer HAS SAFELY completed a swim of similar distance without the need for rest or assistance.

\*\*Pool seed times are accepted.

This events are open to all ages.

Swimmer's age is as of August 12<sup>th</sup> 2007. Advance entry fee must be enclosed.

Make Checks Payable to the Hazleton YMCA/YWCA. Mail to Robert Gould 75 S. Church St Hazleton Pa 18201.

#### Waiver and Release

I understand the inherent risk involved in open water swimming and racing. Risks may include, but are not limited to, crashing, falling, and drowning. In consideration for accepting this entry and granting of the right to participate in this event I/we, the undersigned intending to be legally bound hereby for myself/ourselves, my/our heirs, waive and release for any and all claims, damages, costs, or expenses which may arise against personal damages I may have against the Hazleton YMCA/YWCA, Eagle Rock Resort and/or any other person whomsoever for any and all injuries, illness, including death that may result from my participation in said event. I/we represent and affirm that I/we am/are in proper physical condition to participate in this event as verified by a licensed physician and have sufficiently trained for the completion of this event. The undersigned has read and voluntarily signed this Waiver and Release.

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Parent's Signature

\_\_\_\_\_  
Date