



Norfolk YMCA 2010 Triathlon



**Norfolk Family YMCA
301 West Benjamin Ave.**



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**NORFOLK FAMILY YMCA
301 West Benjamin Avenue
Norfolk, NE 68701**

TRIATHLON 2011

NORFOLK FAMILY YMCA

26th Annual TRIATHLON



Saturday, June 4, 2011

Norfolk, NE

**On-line registration
now available at
www.allsportcentral.com**

**NON PROFIT ORGANIZATION
U.S. POSTAGE PAID
NORFOLK, NE 68701
PERMIT # 25**

Norfolk Family YMCA 2011 TRIATHLON

DATE: SATURDAY, JUNE 4

START TIME: 8:00 A.M.

START & FINISH: Norfolk Family YMCA
301 W. Benjamin Ave.
Norfolk, NE 68701

DISTANCES:

LONG COURSE: Individuals and ALL Adult Teams
SWIM 300 YARDS Indoor Pool-Serpentine
BIKE 10 MILES Mostly flat, **HELMETS REQUIRED**
RUN 2.5 MILES Flat Course

SHORT COURSE: Individuals and ALL Youth Teams
SWIM 150 YARDS Indoor Pool-Serpentine
BIKE 3 MILES Mostly flat, **HELMETS REQUIRED**
RUN 1 MILE Flat Course

Course maps can be viewed at www.norfolkymca.org

**PARTICIPANTS MAY ENTER IN
ONLY ONE (1) OF THE ABOVE RACES!**

RACE CATEGORIES:

MALE: 10 & under, 11-13, 14-19, 20-24, 25-29,
30-34, 35-39, 40-44, 45-49, 50-59,
60 & Over

FEMALE: 10 & under, 11-13, 14-19, 20-24, 25-29,
30-34, 35-39, 40-44, 45-49, 50-59,
60 & Over

MANDATORY MEETING:

There is a 7:45 AM pre-race meeting at the YMCA.
ALL Participants MUST ATTEND!

FEES AND REGISTRATION

INDIVIDUAL FEE \$50-Adults/\$30-Youth*
TEAM FEE \$120-Adults/\$90-Youth*

**Youth is 19 years old and younger. Youth teams must have at least 2 youth members to qualify for this rate.*

A \$10 late fee will be added to all registrants taken after May 28th

**ENTRY FEE INCLUDES T-SHIRT, FREE
BABYSITTING DURING THE EVENT
(7:30am-12:00 Noon), PIZZA BUFFET
AND AWARDS CEREMONY AT
GODFATHER'S PIZZA FOLLOWING
THE RACE!**

Time Tracker Available!

**Please note: Participants will race in the
order of their swim time. So, be as
accurate with your time as possible. If
time changes prior to event, call and let us
know. Faster swimmers will race first.**

AWARDS

TROPHY 1st Overall Male & Female-Long Course
MEDALS Top 3 in each age group-Long Course
& Top 3 in each age group-Short Course
MEDALS 1st-4th Place-Long Course Teams
(each team member)
& 1st-4th Place-Short Course Teams
(each team member)

Detailed race results will be posted at:

www.teamnebraska.org
www.norfolkymca.org
www.allsportcentral.com

**FOR MORE INFORMATION
CONTACT:**

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CHIP TIMING?

What is it? It is a system that requires the athletes to wear a small lightweight chip around their ankle that identifies them as they cross electronic mats. It handles the collecting and processing results at the end of a race. Chip timing eliminates the problems inherent to manual timing, as such mistakes in times, confusing timers, crowded finish lines and multiple chute finishing areas.

Coming back again this year will be the serpentine swimming. This format for swimming will make for a much smoother transition and more accurate timing. When registering for the event the swimmer should put in the most accurate time for their swim so they are not passed by other swimmers.

**What is time tracker and
should I sign up for it?**

Time Tracker is an easy way to keep track of friends or family and find out what their results are. All you need is your cell phone, pager or PDA and the messages are delivered to your device. Cost? It is \$1 for every person you want to keep track of. Sign up at the time of registration.

**Register online at www.allsportcentral.com
AllSportCentral will be doing all registrations.
Your T-shirt and meal will also be done online
making everything easy and simple.**

REGISTER ONLINE AT
ALL SPORT
central.com
Registration. Results. Relax.