



Hi! We're calling all future triathletes to our :

YOUNG ENDURANCE ATHLETES 2009

Date : 17th & 18th October 2009

Venue : Kolam Renang Awam,
Precinct 6, Putrajaya.

Date	Time	Event
17/10	7.30am - 2.30pm	Triathlon Clinic
18/10	7.00am - 12.00pm	Race Day

Age Categories

Boy		Girl	
A	7-9 years old	A	7-9 years old
B	10-12 years old	B	10-12 years old
C	13-15 years old	C	13-15 years old

Closing Date : 7th October 2009

OCTOBER 17, 2009



OCTOBER 18, 2009





Tick	Age Category	Race Distance			Fees
		Swim	Bike	Run	
	A : 7 - 9 years old	50m	500m	100m	RM50.00**
	B : 10 - 12 years old	100m	3000m	200m	RM50.00**
	C : 13 - 15 years old	300m	6000m	500m	RM50.00**

Name

Age Gender M F

Date of Birth - - Nationality

Address

Guardian's Name

Relationship

Contact No

Email

DISCLAIMER

I, HEREBY CERTIFY THAT THE PARTICULARS GIVEN IN THIS APPLICATION FOR ENROLMENT ARE OF THE BEST OF MY KNOWLEDGE AND BEHALF TRUE AND CORRECT. I WILL ABIDE BY THE RULES AND REGULATIONS OF THE ASSOCIATES AND HEREBY AGREE NOT TO HOLD ANY ASSOCIATES (OR ANY OF THEIR RESPECTIVE SERVANTS OR AGENTS) RESPONSIBLE IN ANY WAY FOR ANY INJURIES INCURRED OR LOSS OR DAMAGE SUFFERED BY ME AS A RESULT OF SUCH ACTIVITIES.

All fees to be paid on registration day (17th, October, Saturday)

Fax your entry forms to : 03-79604145

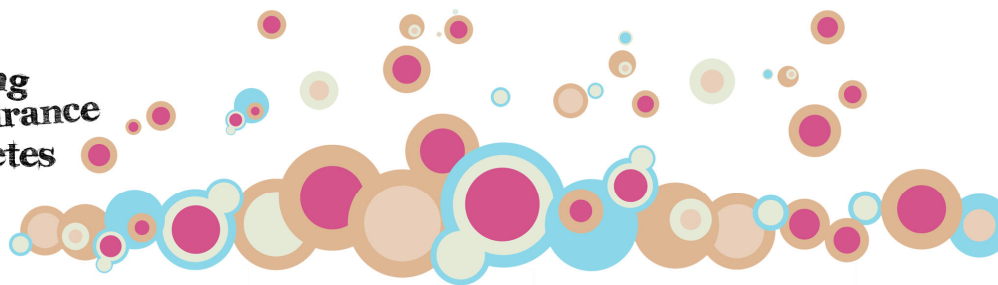
Closing Date : **7th October 2009**

For more info call :

Amir at 012-2195552 or email him at : ybicycle@yahoo.com

Mejar Kalam at 019-2712569 or email him at : kalampie@gmail.com

Julie at 017-3323451 or email her at : missjewelz@gmail.com

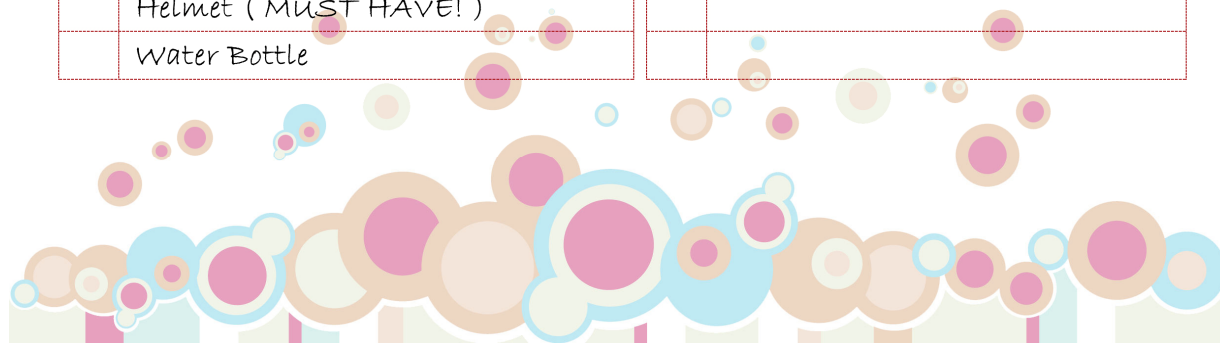


Program Timetable

Day	Time	Activity
17 October 2009 (Saturday)	7:30AM – 9:30AM	Session 1
	5 minute Break	
	9:40AM – 10:30	Session 2
	5 minute Break	
	10:40-12:00PM	Session 3
	12:00PM – 1:00PM	Lunch
	1:00PM – 2:00PM	Session 4
18 October 2009 (Sunday)	7.00AM	Race Briefing
	7.30 AM	Category C start
	8.00 AM	Category B start
	8.20 AM	Category A start
	10.30AM	Completion of races
	11.15AM	Lunch & Prize ceremony

Equipment checklist for newbie participants

Swimming Attire	Small towel
Swimming Cap	Cap
Goggles	Sunblock
Kickboard/Floaties (if necessary)	Snacks (chocolate bars)
Bicycle	Towel
Running Shoes	
Socks	
Helmet (MUST HAVE!)	
Water Bottle	





Frequently Asked Questions

I cannot swim? So, how?

You can use a kickboard, arm floaties or any other floatation device you feel happy and comfortable in. There will be lifeguards in and around the pool to assist. We want to introduce and encourage triathlon to everyone regardless of their swimming abilities.

I don't have a racing bike?

You don't need a racing bike! Your BMX, Mountain Bike, or even the bicycle you use to go to tuition will be good enough. As long as the bicycle is safe (brakes, tires pumped properly) any bicycle will do.

I still have my training wheels on. Can I use them?

Yes. Not everyone can balance a bike at an early age.

Must I use a bicycle helmet?

You MUST use a helmet while cycling for safety reasons. Kids helmets are easily available at bicycles shops, and places like Carrefour and TESCO.

What do I wear?

You can use your bathing suit for all 3 parts or you can put on a t-shirt and shorts for the cycle and run. You must have shoes. No slippers or barefoot and the Helmet while cycling.

Will food and drinks be provided?

We will provide water and snacks on both days and there will be water stations at the Transitions and during the run.

Will I get a medal after finishing?

Yes! In Triathlon, everyone is a winner!

