



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

SPLASH, PEDAL, & DASH INTO FUN

IN-DOOR TRIATHLON YMCA OF GREATER WESTFIELD

Date: Sunday, March 24, 2019

Time: 8:00AM First Wave

Location: WESTFIELD YMCA

67 Court St.

Westfield, MA 01085

Phone #: 413-568-8631

www.westfieldymca.org

See attached Guidelines &
Complete Registration Form at the front
desk or download under Events on
website and mail check with the
registration form.

For more information, contact Cindy Agan,
Fitness Director, P. 413.568.8631

E. cagan@westfieldymca.org

Just Tri – it, for the Fun of it!

Registration is required
Space is limited.

Register by: Friday, March 15, 2019

Age: 14 and up; all abilities

Cost: \$20. YMCA members
\$30. Non-members

Triathlon Format:

Swim: 15minutes
Bike: 25minutes
Run: 20minutes

*10 minute transition
between swim& bike
*5 minute transition
between bike and run

Point System
x2 points = per length swim
x3 points = per Bike Trip
x15 points = per Treadmill mile

Performance will be measured by the total points.