

## **Murray Youth and Family Race Info**

**Race Date: Monday Sept. 6 8:00 AM, Transition closes at 7:45**

### **Murray Youth and Family Triathlon Course Distances**

- 7-10 years: 75 yard swim, 2.3 mile bike, 6/10 mile run
- 11+ years: 150 yard swim, 4.5 mile bike, 1 mile run
- Relays include, youth only, adult only, mixed age-group, and family
- Relays race the longer distances

### **Participants**

- Race for all ages
- Adults and seniors will race older children's distances
- Age-groups in 5-year increments after 18
- 6-year olds accepted with parental discussion!
- **Helmetts required! No racing without a helmet.**

### **Race Day Information**

- **Helmetts required! No racing without a helmet.**
- Race begins promptly at 8:00 AM; **adults go first!**
- Race day check-in begins at 6:00 AM
- Swim starts are staggered approximately every 5 seconds. Waves: Adults, Older kids, 5-minute break, Younger Kids Timing by Runner Card
- Participants receive splits and overall time immediately following race
- Medals for all finishers
- Fruit and water provided following race
- Awards for top three in each age group; awards begin approximately ½ hour after **last** finisher
- Or Pick-up applications at Murray Parks and Recreation office or Park Center
- More information and course maps at [www.greatbasincoaching.com](http://www.greatbasincoaching.com) or call Jo at 801 566-9727
- **REGISTRATION DEADLINE: AUG. 30; after that it's a \$10 (\$5 per additional person) late fee!**

### **Fees**

\$28 includes t-shirt and finisher medal

\$36 for two-person relays

\$42 for two-person relays

**Packet Pick-up: Sunday Sept. 5, 4:30-6 PM or Monday Sept. 6, 6-7:30 AM**

**Pre-race meeting: 6:15 PM Sunday Sept. 5 or 7:30 AM Monday Sept. 6**

### **T-shirts**

**All athletes registered by Aug. 30 will receive t-shirts on race day. All others may need to pick up t-shirt the following week at the parks and recreation office.**

NO RACE DAY REGISTRATION. A LATE FEE OF \$10 plus \$5 for each additional person! PLEASE REGISTER BY Aug. 30.

**Learn All About It**

Visit [www.greatbasincoaching.com](http://www.greatbasincoaching.com) for Tri Clinic Information or register for clinics online at [www.sportsbaseonline.com](http://www.sportsbaseonline.com).

**GBC Youth Tri Clinic**

June 29- 30, 8:30 AM to 3:00 PM \$40 Meet at 8:15 AM at Pavilion #5 in Murray Park.

**Great Basin Tri Team**

Tuesdays and Thursdays July 6-Aug. 10 from 10 AM-noon \$180 plus USAT membership and fees.