



"Just Tri"

Essex First Annual Youth Triathlon

WHEN: Sunday, October 11, 2009
 Events Start @ 9 a.m.
 8:30 Mandatory Pre Event Meeting

WHERE: Manchester Athletic Club,
 8 Atwater Ave,
 Manchester, MA 01944

WHO: Boys & Girls Ages 5 to 14

REGISTRATION: \$20 per entrant/\$50 family maximum
 Go to www.essexma.org or call Essex
 BOH @ 978 768-7614 for form and
 additional information.

EVENTS

AGES	5-6	7-8	9-10	11-12	13-14
SWIM	20 yds.	40 yds.	40 yds.	80 yds.	80 yds.
BIKE	no bike	1.5 mile	1.5 miles	4 miles	4 miles
RUN	1/4 mile	0.7 mile	0.7 mile	1 mile	1 mile