



YTRI IN JULY

**THE FAMILY YMCA
3719 VETERANS MEMORIAL DRIVE
HATTIESBURG, MS 39401**

INDOOR/OUTDOOR TRIATHLON SPRINT

JULY 20, 2013

**400 Yard Swim (16 Lengths) In the Pool
15 Mile Bike on STAR TRAC SPINNERS!
5K Run – Outdoor Trail & Pavement**

**1st, 2nd, 3rd Place Prizes for Male and Female
1st Place Prizes for Relay Team
Softstyle YTri Tshirt for all entries**

**Full Tri: \$40 registration fee
Relay: \$20 registration fee**

Must register by July 14, 2013

www.ymcasems.org
nbryant@ymcasems.org
Phone: 601-583-4000

Name _____ Age _____

Address _____ City _____ State _____ Zip _____

PHONE _____ EMail _____

Tshirt : S M L XL XXL (Circle please)

7:30 Wave _____ 8:00 Wave _____ 8:30 Wave _____ 9:00 Wave _____ No preference _____

Relay Wave: 9:30 Swim _____ Bike _____ Run _____

Emergency Contact _____ Phone _____

Permission For Enrollment and Release of The Family YMCA of Southeast Mississippi, Inc., from Liability:
Member/guest agrees to cooperate with others in the accomplishment of the YMCA's accepted purpose. Member/guest assumes all risks of the injury arising out of his or her presence on or about the premises or at another location, use of or intended use of equipment and facilities, or his or her participation in the activities of The Family YMCA, a not for profit corporation, and does hereby for himself, heirs, executors and administrators, **waive release and agree to hold free from all claims for damages** The Family YMCA, its branches, respective officers, directors, Trustees, Board of Directors, members, employees, or agents. I hereby allow the YMCA to take pictures (still or video) of myself and/or my children and grant permission for these images to be used in YMCA publications, presentations, publicity or promotions. I declare myself/family to be physically sound, having medical approval to engage in YMCA activities, have read the information above agreeing for myself and as a chosen representative for my family to the policies and procedures of The Family YMCA.



Signature: _____ Date: _____

**FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**