

COSST Kid's Triathlon

June 6th, 2009 8:00 AM



Brought to you by: The friendly folks at Sportspectrum, Inc and the City of Shreveport Swim Team.

Date & Starting Time: Saturday morning, June 6, 2009; Race starts at 8:00a.m. sharp.

Course: The swim portion will be held at Southside, while the bike and run will be held at Summer Grove Baptist Church.

Distances:
5-7 yrs old - 50 m Swim, 1 mile Bike, & 1/4 mile Run
8-10 yrs old - 100 m Swim, 2 1/2 mile Bike, & 1/2 mile Run
11-13 yrs old - 200 m Swim, 3 1/2 mile Bike, & 1 mile Run

Early Registration: Sign up online @ www.sportspectrumusa.com. You may register by mail w/ cash or check only: "Sportspectrum" 7607 Youree Drive Shreveport, LA 71105. ALL CREDIT CARD registration must be made online @ www.sportspectrumusa.com. Early registration is \$20.00 by May 23rd, \$25.00 by June 5th, & \$30.00 race day.

Packet Pick-up: You can pick up your packet early at Sportspectrum beginning Friday, June 5th from noon-6pm & Saturday, at race site from 7:00am-7:45am.

Race Packet: Every pre-registered participant will receive an official 2009 COSST Kid's Tri race T-shirt and other goodies.

Register early & don't miss out on the FUN!

Post Race Party: Stick around for some great fun, popsicles, and other treats.

Awards: All finishers will receive an official finishers medal. Everyone's a winner!!!

USAT: This event is sanctioned by USAT & will require a youth tri-fed annual license (\$5.00) which can be taken care of at packet pick-up. If you would like to register for a one year license online go to www.usatriathlon.org—click on membership.



NO TEAMS WILL BE ALLOWED FOR THIS EVENT!!

Official COSST Kid's Tri Entry Form

5-7 years old 8-10 years old 11-13 years old

Last Name _____ First Name _____

Address _____

City _____ State _____ ZIP _____

Age on 6/6/09 _____ DOB ____/____/____ M / F USAT# _____

T-shirt Size: YM YL S M L

Paid \$ _____ Paid W/ _____

Parent/Guardian Signature _____ Date _____

Wavier & Release

In consideration of my being admitted to enter the COSST Kid's Tri, I, for myself, my heirs and assigns, executors and administrators, do hereby forever release and discharge Sportspectrum, Sunrise Tri Club, New Balance, Atomic Racing Systems, NWLRA, & Sportspectrum Race Management, and all other sponsors, their employees and agents, of and from any and all claims of demands for damages of liability in any manner arising out of participation in such event. I certify that I have prepared myself for this event and that I am in adequate physical condition to complete the event I have entered on. I agree to follow all rules of this race, and to permit myself to be removed from the race if in the opinion of the Race Administrators my continuing would endanger my health.