

High Blue Waves Swim Team

The **High Blue Waves Swim Team** is a youth, summer rec-league swim team. We have swimmers from all over Cass county ranging in age from 5 to 20. Anyone who can swim a length of the lap pool on front and back is eligible to join our team.

We have had record breaking seasons in both 2010 and 2011. With each season surpassing 100 participants each, we have been able to gain recognition in the community and credibility within our league as a united force to be reckoned with.

Our experienced, elite and mature coaching staff provides our swimmers with the instruction; guidance and motivation needed to be successful not only in the sport of swimming but also in life itself.

Proceeds from this indoor Triathlon will raise money to provide uniforms and needed equipment for all of our swimmers during our upcoming 2012 summer season. Thank you for your participation and donation to this great cause.



**2011 Fourth Place
League Champions**

High Blue Wellness Center
16400 N. Mullen Road
Belton, MO 64012

**Blow Some
Bubbles**

**Grind Some
Gears**

**Burn Some
Rubber**

INDOOR TRIATHLON



**10 Minute Swim
30 Minute Bike
20 Minute Run**

Phone: 816.348.7400 x7419
Email: heathera@beltonparks.org

About the Event

The High Blue Wellness Center's Indoor Triathlon is a fun challenge that appeals to people of all fitness levels, whether you are a seasoned triathlete or a first-timer – because you set your own pace. And all the action takes place in one convenient, weatherproof location – The High Blue Wellness Center!

What do my fees include?

All participants will receive their own event swim cap for use during the race and to keep, plus a signature event T-shirt and goodie bag with gifts and coupons from our local sponsors.



Photos from our race here on February 5, 2011

When is it?

Saturday November 19th - 7:00am-11:00am

How does it work?

- 10-minute swim in our lap pool
- 30-minute bike ride on our spin bikes
- 20-minute run on our treadmills

There will be a 10-minute transition from swim to bike and a 5-minute transition from bike to run.

How is it scored?

Your performance is measured by distance covered in each of the three legs. The more distance you cover, the higher your total point score. Awards will be given to the overall 1st place winner as well as 1st place winners in each age/gender groups.

DIVISIONS:

Male and Female
10-11, 12-14, 15-18,
19-29, 30-39, 40-49, 50+

Who is eligible?

- Members and Non-Members of the *High Blue Wellness Center*.
- Men & Women ages 10 & up.
- Elite Athletes & total beginners.

No matter what your fitness level, come and join us! Become a triathlete in only 1 hour!

Registration Form

High Blue Waves - \$25
Early Bird Fee (9/23/11-11/15/11) - \$30
Fee (after 11/15/11) - \$35

Name

Address

Phone

E-mail

Birth Date

Gender

T-shirt Size (Circle One)

Adult S, M, L, XL, XXL

Youth S, M, L, XL

WAIVER

I acknowledge and represent that I am physically fit and sufficiently trained to participate in an event of this nature. I accept all and full responsibility for any injury or accident resulting from my participation in this event, including those which may be attributed to weather conditions. I release and hold harmless from any and all liability High Blue Waves & Belton Parks and Recreation, any or all race officials connected with this event, and all race sponsors. I also give permission for use of my name and picture in any broadcast, telecast or print media account of this event. In filling out this form, I acknowledge that I have read and fully understand my own liability and do accept the restrictions.

Signature (parent, if under age 18)

Date

X _____

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E-mail: heathera@beltonparks.org

Contact: Heather Agozino, Race Coordinator for details