

# KIDS TRIATHLON & DUATHLON

## Ages 7-10

Swim- 100 Meters  
Bike – 1 Mile  
Run- .5 Mile



## Ages 11-15

Swim- 200 Meters  
Bike – 2 Miles  
Run- 1 Mile

**Duathlon Option** – Run/Bike/Run...an event for Everyone!

**Where:** 1606 Wading River Manor Road, Wading River

**When:** 8.19.12 at 9am (**8.18.12 is the Adult Triathlon**)

**Fee:** \$35/Child

Benefiting the  
Boy Scouts of America



Corporate  
Sponsorships  
Welcome

**VOLUNTEERS  
WANTED:**  
Earn  
Community  
Service  
Credit

This safe family fun  
event is expected to  
**SELL OUT FAST**  
**Register Early**  
(Limited Spots Available)

**EVERYONE**  
gets an  
Olympic size  
Finisher Medal  
& T-Shirt

FOR MORE INFORMATION OR TO REGISTER FOR THIS EVENT VISIT

**[www.DeepPondTri.com](http://www.DeepPondTri.com)**