



Keiki Triathlon & Family Fun Day

Saturday,
January 21, 2017

At the Pāhoa Regional Recreation Facility

FREE ADMISSION

Food Concession, Entertainment,
Educational & Community Exhibits
9:00 am—1:00 pm in the gym

SCHEDULE

7:00 am — 8:30 am	On-Site Registration in front of the Pāhoa Pool Entrance
8:45 am	13-14 Age Group will start first. Meet at the Pool.
9:00 am	Triathlon Begins! Swim, Bike, Run! All age groups meet at Pool Side.
1:00 pm— 2:00 pm	Awards & Certificate Presentations in the Gym

Age Group	Swim	Bike	Run
7-9	50 yd.	1/2 mi.	1/4 mi.
10-12	100 yd.	1 mi.	1/2 mi.
13-14	200 yd.	2 mi.	1 mi.

- » Children must be accompanied by parent/guardian
- » All participants must supply their own bicycle (tricycles and training wheels are acceptable) helmet, and covered shoes. Swim goggles are optional.
- » Registration will be in front of the pool entrance from 7am to 8:30am.
- » A safety briefing will be given to all participants prior to the start of the race.
- » The triathlon will start with the swimming, followed by bicycling and end with the run
- » The 13-14 age group will start first, followed by the 10-12, then the 7-9 age group.
- » Medals will be awarded to the top three boys and top three girls for each age group.
- » All finishers will receive a Certificate of Participation.

For more information, please call:

Jacob at 965-2704

A Drug & Smoke Free Family Event sponsored in part by the
County of Hawai'i Department of Parks & Recreation,
County of Hawai'i Community Policing and the Youth
Empowerment Services (YES) Group of Puna

POLICY OF NON-DISCRIMINATION ON THE BASIS OF DISABILITY

The Department of Parks and Recreation provides recreational opportunities without regard to race, color, national origin, age, sex, religion or disability. Please call Alisa Mitchener, Recreation Specialist, at 961-8681 to discuss your need for reasonable accommodation or for more information on site accessibility.