



SEMINOLE RECREATION

## TRI-IF-YOU-DARE

RUN • BIKE • SWIM

YOUTH TRIATHLON

Age	Run	Bike	Swim
5-6	.25 mi	1 mi	25 yds
7-8	.5 mi	2 mi	100 yds
9-10	.75 mi	2 mi	100 yds
11-12	1 mi	3 mi	150 yds

**Sunday, June 22, 2025**  
**7:00AM**

This is a non-traditional, recreational triathlon with a mission to expose children to the multisport field in a fun, safe, and encouraging environment.

### **Packet Pick Up:**

Saturday, June 21, 9:00am-1:00pm  
Seminole Recreation Center  
9100 113th Street, Seminole, FL

Sunday, June 22, 6:00am-6:45am

### **Race Fee:**

\$50 by May 31st  
\$65 June 1st until Full

**Awards given to  
top 3 Boys & Girls  
in each age group!**



Online Registration  
Available with  
Active.com

## ‘Tri’ If You Dare! Registration Form

First: \_\_\_\_\_ M.I. \_\_\_\_\_ Last: \_\_\_\_\_

D.O.B. \_\_\_\_\_ Race Day Age: \_\_\_\_\_ Sex: \_\_\_\_\_ Phone: \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_ Zip: \_\_\_\_\_

E-mail: \_\_\_\_\_ T-Shirt Size: \_\_\_\_\_ (Youth or Adult)

I, the parent/legal guardian of the named child on this form, do hereby assume all risks and hazards incidental to my participation in activities, use of the equipment and facilities or my child's participation in activities, use of equipment and facilities of the City of Seminole Recreation Center Complex, and I do hereby agree to waive, release, absolve, defend and hold harmless the City of Seminole, its employees, officers, agents, volunteers, and elected officials from any and all claims, damages, losses or injuries of any kind, resulting from the participation in activities, use of equipment and facilities of the City of Seminole's Recreation Center Complex. This release includes a release for any and all losses or injuries arising out of any act or omission or negligence, either active or passive of the City of Seminole, its employees, officers, agents, volunteers, and elected officials. This release is given and signed of my own free act and will.

Signature of Parent/Legal Guardian: \_\_\_\_\_ Date: \_\_\_\_\_