

City of Langley's

www.city.langley.bc.ca

TRI-IT 2015

AL ANDERSON MEMORIAL POOL: 4949 207th Street

REGISTRATION FEES:

	March 2 - May 18 Includes 2015 T-shirt	May 19- June 8 T-shirt not included	Start Time
Youth (5-14yrs)	\$40	\$45	8:00am
Adult (15+yrs)	\$60 +gst	\$70 +gst	9:30am
Relay Team (15+yrs)	\$100 +gst	\$120 +gst	9:30am

Family Discounts: 2nd child - 20% 3rd child - 30%

(must reside in same household to be eligible for discounts)



Register Early as space is limited! All Early Bird entries receive a free New Balance event shirt!

RACE DISTANCES:

	SWIM	BIKE	RUN
5-7yrs	25 m	1.1 km	600 m
8-9yrs	100 m	2.3 km	1.5 km
10-11 yrs	150 m	4.5 km	2.5 km
12-14yrs	300 m	6.6 km	2.5 km
Adults (15+yrs)	400 m	19.4 km	4.8 km
Relay Team (up to 3 members)	400 m	19.4 km	4.8 km

REGISTER IN PERSON OR BY PHONE AT:

Douglas Recreation Centre:	20550 Douglas Crescent	604-514-2865
Timms Community Centre:	20702 Eastleigh Crescent	604-514-2940
Al Anderson Memorial Pool:	4949 207th Street	604-514-2860



Net proceeds from the 2015 TRI-IT Triathlon will be donated to
Douglas Park Community School Society

VOLUNTEERS NEEDED! PHONE: 604-514-2940 FOR MORE INFORMATION