

Beginners



SEDALIA
PARKS &
RECREATION

MINI Triathlon

July 20th at Centennial Park

8:00 check-in,
9:00am start



Swim
Bike
Run

Register by July
5th to guarantee
a shirt.

All ages 7+ are welcome to the
BEGINNERS mini triathlon. All
finishers will receive a medal
and a t-shirt.

Kids= \$15,
Age 13+= \$25

Age 13+ - Swim 150 yards, Bike 3 miles, Run 2 miles
Age 11-12 - Swim 100 yards, Bike 2 miles, Run 1.5 miles
Age 9-10 - Swim 50 yards, Bike 1 mile, Run 1 mile
Age 7-8 - Swim 25 yards, Bike .5 miles, Run .5 miles