

Guidelines

SWIMMING

300 yard swim at the YMCA pool

Ages 6-12 must pass a swim test to participate

Swim tests can be given at anytime during open pool hours by the life-guard on duty. The swim test

consists of:

- Showing you can float on your stomach & back
- Swimming comfortably one length of the pool
- Treading water for one minute

BIKING

The bike path is 8 miles

Directions from the YMCA:

(helmets are required on the bike course)

Left on Canstatt, course goes left on Dortmund

Left on Torino

Right on Wallwood

Left on Todd Mill

Right on Bleu Drive

Left on Bluff

Left on Mountain Gap

Take the Aldridge Creek Greenway to the Green Cove Road turn around & travel back down the Greenway, exit on Green

Mountain Rd Bridge to Todd Mill and back to the YMCA

Right on Todd Mill

Right on Wallwood

Left on Torino

Right on Dortmund

Right on Canstatt

You will enter the YMCA at the West side parking lot! You will now transition to the pool area!

RUNNING

The running distance is 5K

Directions from the YMCA:

The 5K Run begins on the West Side of the Huntsville YMCA building on Cannstatt Dr. SE and runs to Dortmund Dr. SE

Left and runs to Arolen Dr. SE

Left and runs to dead end , runs around a water main cover back to Waldrop Dr. SE

Right and runs to Willow Cove Rd. SE

Left and runs to Cannstatt Dr. SE

Right and runs to Edgehill Dr. SE

Left and runs to Dellowod Rd. SE

Left and runs to Willow Hills Dr.

Right and runs to Weatherly Rd. SE and continues to the bike transition area on the West side of the YMCA building.

The Event

Run 3.0 miles

Bike 8 miles

Swim 300 yards

Based on participation we will start the race at 7:00a

You must Finish:

Run by 8:30a

Bike by 9:00a

Swim by 9:30a

Parking is available at the SEY

(No transportation between start and finish points)

Race course directions inside brochure

<https://www.raceentry.com/race-reviews/soggy-seals-sprint-triathlon>

Registration fees are Non-transferable, Non-refundable.

<https://www.raceentry.com/races/soggy-seals-sprint-triathlon/2019/register>



Thanks to our Sponsors:



Soggy Seals Triathlon



Southeast YMCA

9th Annual
Outdoor Triathlon
September 7th
7a start time



INFORMATION

DATE AND TIME

September 7th, 2019

7:00am Start Time

Your start time will be posted on the website prior to the event at www.ymcahuntsville.org

LOCATION

Southeast Family YMCA

ENTRY FEE

Individual

Before Aug 19th: \$30

After Aug 19th: \$35

Youth 12 and Under

Before Aug 19th: \$20

After Aug 19th: \$25

Family & Team

Before Aug 19th: \$20 per person

After Aug 19th: \$25 per person

T-SHIRTS

The First 200 registered for the outdoor triathlon will receive a free t-shirt

TEAM COMPETITION

Consist of 2 or 3 members, 1st, 2nd and 3rd place awards for all male, All female, mixed, and youth 12 or younger

AWARDS

Medals awarded to age group winners

Overall Male and Female overall winners are not eligible for age group awards

Youth 6-9

Youth 10-12

15 and Under

16-19

20-29

30-39

40-49

50-59

60+

Trophies are given to each family that competes in our family category!

TO REGISTER

Register at the Membership Desk or mail entry form to:

Southeast Family YMCA

Attn: Sharon Allen

1000 Weatherly Road

Huntsville, AL. 35803

P: 256.883.9622 F: 256.881.8812

E: sharon.allen@ymcahuntsville.org

Checks payable to:

Southeast Family YMCA

All entry forms must be postmarked

1 week prior to the event date.

2019 ENTRY FORM

There will be NO registration day of the event! Online Registration ends on September 7th!

Check One: Individual Team Family

Name _____

Address _____

City _____ St _____ Zip _____

Email _____

Phone _____

Sex Male Female 5K Run time _____

Age _____ DOB ____/____/____

T-shirt size YS YM AS AM AL XL

Team/Family participants, please list the events you will be participating _____

Team name _____

Donation for community outreach: \$ _____

Total Amount: \$ _____

In consideration of my application being accepted, I accept any risks of participation in the triathlon and agree to hold harmless the Southeast Family YMCA, Downtown Metro Office, all sponsors, all officers, directors and members of said organizations, their respective employees, agents and any other individuals who are in any way associated with this event, including volunteers. I attest and verify that I am physically fit and have sufficiently trained for this event.

Signature _____

Date _____