



Registration Form



There will be a maximum of **300** participants allowed. Please sign up early.

★ NO Race Day Registration ★

Surname: _____

First Name: _____

Date of Birth:(m/d/y) ____/____/____

Age: (as of December 31st, 2007) _____

Gender: M F

T-Shirt Size: Adult / Children (circle one)

Small Med Large

Relay Team: * The team will be placed in the Age-Group of the Oldest Athlete.

Swim Athlete: _____ Age: _____

T-shirt Size: _____

Bike Athlete: _____ Age: _____

T-shirt Size: _____

Run Athlete: _____ Age: _____

T-shirt Size: _____

Relay Team Name: _____

Address: _____

City: _____

Prov: _____

Postal Code: _____

Email: _____

Phone: _____

OAT Membership Number: _____

Amount Enclosed: _____

Please mail Cheques or Money orders only. Credit Card payments may be made when registering on-line. Make Cheques payable to **Milton Kids of Steel**.

What other cool things do you do ?

Mail Registration Forms to:

Sonia Hall

Milton Kids of Steel Committee Member

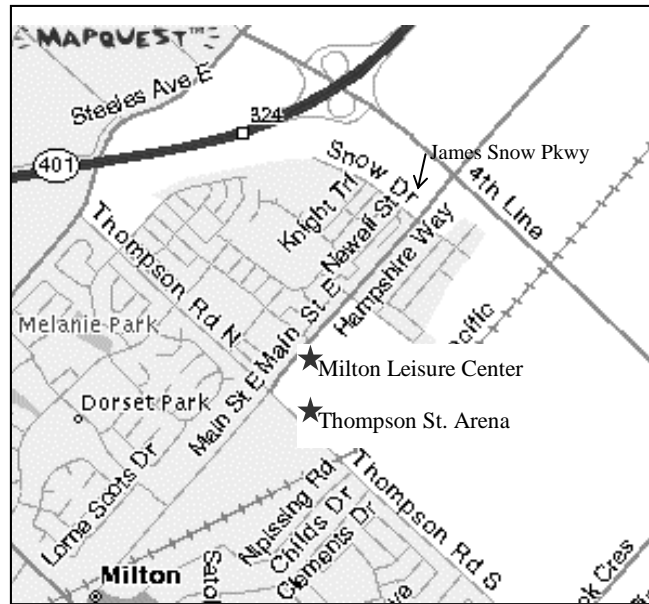
3-371 Bronte St. S

Milton, ON L9T 3K5

www.miltonkos.com

Directions: to Milton Leisure Center

- 401 to James Snow Parkway exit # 324
- Go south
- Turn right at the 1st set of lights (West) onto Main St.
- The Milton Leisure Center will be on your left hand side just past the 2nd set of lights.
- Race day registration opens at 7:30 am at Bishop Reding High School just east of the Leisure Centre



Note: There is no Parking at the Milton Leisure Center. Parking at the Thompson St. Arena (Map and directions on the website).



MILTON Kids of Steel KOS

5th Annual

Youth Triathlon: Ages 3-15

Saturday,

July 14, 2007

Milton Leisure Center

www.miltonkos.com

On-Line Registration At: www.miltonkos.com

MILTON KIDS of STEEL (KOS) Youth Triathlon



Date & Time:

- Saturday July 14, 2007
- Event Starts at 8:30 AM (Check Website for Age-Group Start Times)
- Arrive at least 1 hour prior to your estimated wave start

Location:

- Milton Leisure Center

Registration:

- On-line at: www.miltonkos.com
- Mail-In registration forms will be located at Local Sports stores & Facilities



Registration and Optional Race-Kit Pick Up:

Fitness Technique : 164 Main Street West, Milton
(905) 875-0964

- Friday July 13th 2007
- From 6 pm - 9 PM

.....NO Race Day Registration.....

Race Kits may be picked up at Registration on July 14th, 2007 in front of Bishop Reding School

Race Fees:

- | | Triathlon | Relay: |
|------------------|-----------|-------------------|
| • Age: 7 & Under | \$26.00 | - \$ 61.00 (team) |
| • Ages 8-15: | \$36.00 | - \$ 91.00 (Team) |
- * Ontario Association of Triathletes (OAT) members deduct \$ 6.00.
- Register before July 1 and deduct \$ 5 from above prices
 - Those registering after July 1 are not guaranteed a race t-shirt !

Race Information:

- All swim events will be in the Milton Leisure Center Pool
- Bike on flat loop up to 5 km
- Run out and back on flat sidewalk (loop course)
- AWAD Accessible

...Approved HELMETS ARE MANDATORY....

All Participants will Receive:

- Race T-Shirts (Designed by a local youth)
- Race Kits
- Finishing Medals and certificates
- Race Day program



★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★
Participants / Parents are responsible for the Mechanical safety of their own bicycles.

Please get a tune up !!!!!

★ See our website: www.miltonkos.com for Local Bike Shop information. ★

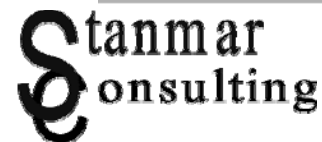
Milton KOS Clinic:

- Triathlon Preparation Clinic
- Saturday, June 9 2007
- website: www.miltonkos.com

Age Groups and Distances

Age	Swim	Bike	Run
3-5	20 m	75 m	50 m
6-7	50 m	1.5 km *	500m
8-9	100 m	3 km *	1.0 km
10-11	150 m	5 km *	1.5 km
12-13	300 m	10 km*	3 km
14-15	500 m	15 km*	4.5 km

* Bike course is a 1.5 or 5 km loop



Dr. Sheila Wong
Dental Surgeon
And Staff
(905) 878-2971
69 Main St. E
Milton



Milton Location



Apple Auto Glass
Home Hardware
Thermocline Mechanical Ltd.

Contact Information: Race Director: Gary Black: email:info@miltonkos.com 905-693-0118