

 **YMCA National Capital
Triathlon Training Program (“YTri”)
2010
Swim Time Trials**

YTri participants interested in participating in coached swimming (Newbies or Masters Swim) must complete a 300 meters swim (6 laps) in 8 minutes or less. Your swim times will be used to group you with other similar-paced swimmers for your training.

Please indicate three times below when you could do a timed swim. We will notify you by e-mail of the time you are assigned to do the trial. Please do your trial at the assigned time, so that we don't have a back up at the pool.

Wednesday, January 20
_____ 6:30 a.m.
_____ 6:45
_____ 7:00
_____ 7:15

Friday, January 22
_____ 6:30 a.m.
_____ 6:45
_____ 7:00
_____ 7:15

Monday, January 25
_____ 6:30 a.m.
_____ 6:45
_____ 7:00
_____ 7:15

Wednesday, January 27
_____ 6:30 a.m.
_____ 6:45
_____ 7:00
_____ 7:15

Friday, January 29
_____ 6:30 a.m.
_____ 6:45
_____ 7:00
_____ 7:15

Name: _____

e-Mail Address: _____