



Rel. 1/9/2019

## San Diego Triathlon Series Swim Certification for Youth Athletes 7 to 10 Years Old

Starting in 2019, KOZ Events will require all first time athletes competing in the 7 to 10 year old age category, to demonstrate a basic knowledge of swim skills prior to being allowed to compete in any open water Triathlon.

Youth Athletes must show successful demonstration of a Basic Skill Test administered and signed by a current Certified USA Triathlon Coach, Certified Swim Coach or Certified Lifeguard

or

Successful completion of a kids open water swim clinic provided by a USA Triathlon Certified Coach

Demonstration will need to be performed under the supervision of a USA Triathlon Certified Coach, Swim Coach or Registered Lifeguard and may be performed in a pool or open water.

All kids will demonstrate the following:

- ❖ Tread water for 1 minute
- ❖ Followed immediately by a 100 yard swim
- ❖ Without using any floatation aids or holding on to any side rails
- ❖ In under 4 minutes

KOZ Events has arranged with the Tri Club San Diego free evaluations once per month through their Kids Swim program. For more information regarding certification for your child please contact:

Judi Carbary  
jcarbary@gmail.com

Two weeks prior to the event. Email below form to [info@kozevents.com](mailto:info@kozevents.com).

Or mail to: PO Box 1210, Poway, CA 92074

There can be **NO** exceptions to this. Youth aged 7-10 are not allowed to participate in an open water triathlon as their first-time event without a demonstration of swimming ability.

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# CERTIFICATION

I certify that the junior athlete \_\_\_\_\_ has demonstrated that they can tread water for 1 minute and immediately swim 100 yards without any floatation, aids or support in less than 4 minutes.

Date: \_\_\_\_\_

Name: \_\_\_\_\_

Signature: \_\_\_\_\_

Title: \_\_\_\_\_

Organization \_\_\_\_\_

For Parents –

As the Junior Athletes parent or guardian, I agree that the aforementioned athlete has shown the ability to safely and successfully compete in the Triathlon event of interest AND has competed in one or more similar events previously.

Name: \_\_\_\_\_

Signature: \_\_\_\_\_

Date: \_\_\_\_\_

Email this form to: Info@kozevents.com

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