



# McDonald's

## Healthy Choices

### Horsham Mini Triathlon

### 15 years and under



## Saturday February 9<sup>th</sup> 2019

Registration 2.30 – 3.30pm Briefing 3:45pm Race Start 4.00pm

Please make cheques payable to Tri Horsham

Mail to PO Box 429 Horsham 3402

MAIL ENTRIES CLOSE Thursday FEBRUARY 7<sup>th</sup>, 2019.

Entries also available on the day.

For further information Mark Pumpa on 0477 678 679, or Sharon Howden on 0419 348 585.

## OFFICIAL ENTRY FORM

*OR ENTER ONLINE [www.trihorsham.com.au](http://www.trihorsham.com.au)*

SURNAME/TEAM NAME

AGE (as at 1/2/2018)

DATE OF BIRTH

MALE/FEMALE

FIRST NAME

SWIMMER

ADDRESS

CYCLIST

SUBURB/TOWN

RUNNER

POST CODE

STATE

TELEPHONE

EMAIL

### TRI DISTANCES

SHORT COURSE

50m SWIM

2.0km RIDE

1km RUN

LONG COURSE

100m SWIM

4.0km RIDE

2km RUN

### DUATHLON DISTANCES

DUALTHON COURSE

250m RUN

2.0km RIDE

1km RUN

### PLEASE TICK ONE

INDIVIDUAL TRI SHORT COURSE

TRI TEAM SHORT COURSE

INDIVIDUAL TRI LONG COURSE

TRI TEAM LONG COURSE

INDIVIDUAL DUATHLON SHORT COURSE

**\$10 PER INDIVIDUAL \$20 PER TEAM**

Visit our web site at <http://www.trihorsham.com.au>

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## HORSHAM MINI TRIATHLON 2019 WAIVER

**NOTE** You **must** sign the waiver form. Entry may be photocopied

### REPRESENTATION

In order to gain acceptance of my entry into the Horsham Mini Triathlon

- (a) I acknowledge that participation in the Horsham Mini Triathlon comes with its potential hazards.
- (b) I attest and verify that I am physically fit and sufficiently trained for this competition and that my physical condition has been verified by a licensed medical practitioner.

### WAIVER RELEASE & INDEMNIFICATION

In consideration of the acceptance of my entry in the Horsham Mini Triathlon:

- 1 (a) I waive all claims that I may have against the Stawell Amateur Athletics Club Inc, its officers, directors, members, volunteers, employees, agents and sponsors, the state of Victoria, Wimmera Shire, or its executors, administrators, heirs, successors or assigns ("the organisers"), and release them from all claims for death, injury or damage arising out of my participation in the event and its related activities, together with any costs, including legal fees.  
(b) I agree to indemnify and keep indemnified the organisers against damage arising out of my participation in the triathlon and its related activities.
- 2 I agree to comply with all the rules, regulations and instructions of the organisers relating to the Horsham Triathlon.
- 3 In the event of injury or illness during the Horsham Mini Triathlon, I consent to receive medical treatment, which may be deemed advisable by the organisers.
- 4 I acknowledge that I have sole responsibility for my personal possessions and athletic equipment during the Horsham Mini Triathlon.
- 5 I hereby permit the free use of my name and picture in any broadcasts, telecasts and the press as they pertain to the event, and on the Tri Horsham web site, [www.tri-horsham.com.au](http://www.tri-horsham.com.au).
- 6 I understand that my entry fee is non-transferable and not refundable.
- 7 I agree to have my personal details recorded and used by the Stawell Amateur Athletic Club and related parties for further communications of future triathlon related events.

Individual or (Team Swimmer) signature..... Date...../...../.....

Signature of Parent/Guardian if under 16.....Date...../...../.....

Team Cyclist Signature.....Date...../...../.....

Team Runner Signature.....Date...../...../.....

### FURTHER INFORMATION

**For any further information or enquiries, please check out our web site at:**

**[www.tri-horsham.com.au](http://www.tri-horsham.com.au)**

**or call Mark Pumpa on 0477 678 679, or Sharon Howden on 0419 348 585.**

# **RULES and REGULATIONS**

## **SWIM**

- 1 No fins may be worn in the river.
- 2 Life jackets may be worn.
- 3 Wetsuits may be worn.

## **RIDE**

- 1 All bikes must be in roadworthy condition.
- 2 All competitors will be required to wear a bike helmet throughout the bike race.
- 3 Drafting of other bicycles or any other vehicle is prohibited. A space of four bike lengths must be left between riders at all times. Draft Busters will be operating.
- 4 Competitors must abide by all road laws.
- 5 Torso must be covered and shoes worn.

## **RUN**

- 1 No form of locomotion other than running or walking is allowed
- 2 Runners must follow the directions of ALL course marshals or officials.
- 3 Torso must be covered and shoes worn.

## **TRANSITION AREA**

- 1 Helmets must be fastened at all times the bike is un-racked.
- 2 Bikes must be walked through the transition area and past the timers.
- 3 Running and cycling gear to be left at bike rack.

## **GENERAL RULES**

- 1 Race referees have the authority to disqualify any competitor.
- 2 Medical staff may remove a competitor from the race if judged to be physically incapable of

continuing without risk of serious injury.

- 3 Good sportsman like conduct is demanded of all competitors.
- 4 If you withdraw from the race please notify a race Marshall or official.

## **SAFETY ADVICE**

- 1 Drink plenty of fluid before and during the event.
- 2 Obey road laws, marshals and instructions on this form.
- 3 Competitors acknowledge that participation in the event comes with its potential hazards.
- 4 As this is not an event for the casual jogger, swimmer or cyclist it is recommended that all competitors have trained sufficiently for the event and have obtained a thorough medical examination, prior to competition.

## **TRIATHLON COURSES**

Short Course	50m/2.0km/1.0km
Long Course	100m/4.0km/2.0km

## **DUATHLON COURSE**

Short Course	250m/2.0km/1.0km
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## **RACE DAY PROGRAM**

Registration	2.30pm - 3.30pm
Briefing	3.45pm
Start	4.00pm