



Horsham Triathlon, Saturday 9th Feb, 2019

Race start times: Long Course 5.00pm, Short Course 5.15pm

Registration from 2:30pm.

TRI HORSHAM OFFICIAL ENTRY FORM

MAIL ENTRIES CLOSE Thursday Feb 7th 2019.

ONLINE Entries Close Thursday 7th Feb at 7pm, LATE ENTRY FEE \$10

Please make cheques payable to Tri Horsham

Mail to PO Box 429 Horsham 3402

INDIVIDUAL TRIATHLON ENTRY

First Name Surname Gender (circle one) M or F

Mobile (for sms results) Email

Date of Birth / / Age (at 31/12/2018)yrs Town/Suburb

\$60
Tick to Enter

Entry Long Course Individual Tri - distances 500/20/5

Long Course Tri Categories (circle one) -

14-17yrs 18-29yrs 30-39yrs 40-49yrs 50-59yrs 60yrs +

\$40
Tick to Enter

Entry Short Course Individual Tri - distances 200/7/2.5

Short Course Tri Categories (circle one) Open Male Open Female

\$75
Tick to Enter

TEAM LONG COURSE TRIATHLON ENTRY

Team Name

Team Category (circle one) Male Female Mixed

Team Captain Contact Details:

First Name Surname Town/Suburb

Mobile (for sms results) Email

Swimmer Name Gender (circle one) M or F

Cyclist Name Gender (circle one) M or F

Runner Name Gender (circle one) M or F

NOTE - All entrants must sign the waiver

HORSHAM 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 Triathlon

- (a) I acknowledge that participation in the Horsham 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 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 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 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.saac.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.trihorsham.com.au

or call

Mark Pumpa 0477 678 679 or Sharon Howden on 0419 348 585

TRI HORSHAM 2019 RULES AND REGULATIONS

SWIM

1. No fins, paddles or flotation devices, life jackets may be worn in the river.
2. Wetsuits may be worn.
3. Swim caps **MUST** be worn.

RIDE

1. All bikes must be in a 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 the 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. No individual support vehicles or escort runners allowed.
3. Runners must follow the directions of ALL course Marshalls or officials.
4. Torso must be covered and shoes worn.

TRANSITION AREA

1. Helmets must be fastened at all times the bike is unracked.
2. Bikes must be walked through the transition area and past the timers.
3. Running and cycling gear to be left at the 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, Marshalls 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 is it recommended that all competitors have trained sufficiently for the event and have obtained a thorough medical examination prior to the event.

CATEGORIES

INDIVIDUAL TRIATHLON

Short Course Individual

Open Male and Open Female

Long Course Individual

Male, and Female Age Groups

14-17, 18-29, 30-39, 40-49, 50-59, 60+

TEAMS LONG COURSE TRIATHLON

Male, Female, Mixed

RACE DAY PROGRAM

Registration - 2:30pm to 4:30pm

BRIEFINGS and START TIMES

Long Course	Briefing	4:30pm
	Start	5:00pm
Short Course	Briefing	4:30pm
	Start	5:15pm

ACCOMMODATION

Royal Hotel 03 53821255

132 Firebrace St

Horsham Caravan Park 03 53823476

Firebrace St