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**Try
a
Tri**



Albany Triathlon Club
PO Box 796
ALBANY WA 6331

President: Tammy Stone
Phone No: 0419 942 549

Entry Form

Sunday 16th October 2011

Albany Leisure & Aquatic Centre
Barker Road, Albany
Registration 7:30—7:45 am Start 8 am

General Information

- Minimum participation age is 12 years old. Must be a 12 year old on the day!
- Decision by the race committee will be final.
- Competitors are responsible for their own equipment.
- Good sportsperson-like conduct is expected at all times.

SWIM

- No fins, paddles or flotation devices.
- Pool entry is free, included in entry fee.
- No ALAC card entry. This is a Albany Triathlon Club Event.

CYCLE

- Only approved helmets may be worn: ANSIZ-90 SNELL or SAA approved. Check sticker on inside of helmet.
- Helmets must be securely fastened before you begin and until you end movement on your bike, including transition area.
- No drafting: a distance of at least two bike lengths must be kept from the competitor in front or at least one metre to the side unless overtaking.
- No outside assistance is permitted. Competitors are responsible for maintenance to their bikes during the race.
- Road rules and direction of officials must be obeyed.

RUN/WALK

- No locomotion other than running or walking allowed.
- No escort runners or support vehicles

DETAILS

Date: Sunday 16th October 2011

Registration: 7.30 am ALAC (left carpark)

Briefing: 7.45 am

Start Time: First Wave 8.00 am

Distance:

200 metre swim (8 laps)

5 km Cycle

2 km Walk/Run

Entry Fees for Non TriWA members:

Individual \$20 per person

Teams: \$15 per team member

Pool entry is inclusive.

Entries are to be submitted prior to

7.30am registration on race day.



Nomination Form



Individual or Team Member #1 Name:

Date of Birth: _____ Phone No. _____

Address _____

Email _____

Member#2 Name: _____

Date of Birth: _____ Phone No. _____

Member#3 Name: _____

Date of Birth: _____ Phone No. _____

TEAM NAME: _____

Declaration:

I/We, the undersigned in consideration of and as a condition of acceptance of my entry in the Albany Triathlon Club's Women's Try a Tri Triathlon for myself, my heirs, executors and administrators, hereby waive all and any claim, right or cause of action which I or they might or they might otherwise have for or arising out of loss of my life or injury, damage or loss of any description whatsoever which I may suffer or sustain in the course of, or consequent upon my entry or participation in the said event.

This waiver, release and discharge shall be and operate separately in favour of all persons, corporations and bodies involved or otherwise engaged in promoting or staging the event and the servants agents and representatives of any of them and includes but is not limited to the **Albany Triathlon Club** and other related sponsors & companies, and shall operate whether or not the loss or injury or damage is attributable to the act or neglect of any one or more of them.

The organisers reserve the right to cancel or change the Triathlon in the event of storm, rain, inclement weather, winds or other "act of nature".

Signature _____ Date _____

Signature _____ Date _____

Signature _____ Date _____