

Kulin Triathlon 2017

Saturday 11th March

Return completed forms to reccentre@kulin.wa.gov.au or Shire office



Entry Form

Team Name: _____

Contact Name: _____

Address: _____ Postcode: _____

Phone: _____

Email: _____

Circle One Distance:

Mini

Junior

Short

Long

Singlets: Singlets are available in Men's, Women's, and Kids sizing. The singlets will be a racer back style in Navy/White, with the Kulin Triathlon 2017 Logo printed on them and will be an extra \$15 each. If you would like to purchase one please note your size when filling out the details below. See payment details below.

Payments: Payments for singlets and entries must be made with entry forms and can be made at the Kulin Aquatic Centre, Freebairn Recreation Centre, or at <https://www.trybooking.com/OPFX>

Declaration: (All entrants or guardian if under 18 must sign)

I hereby acknowledge responsibility of my personal athletic equipment. I hereby waive all and any claim, right or case of action which I might otherwise have for or arising out 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.

I hereby declare that I am physically fit and have undertaken adequate training for the event. I will fully accept the decision of the race director if I am disqualified for any infraction of the rules or regulations governing Triathlons and if so directed, I will not take any further part in the event.

I hereby agree that in the event of storm, rain, inclement winds, the organisers of the event have the right to modify or cancel the event and my entry fee shall not be refundable.

I accept all the rules and regulations outlined on page 2 and 3.

	Sex	Surname	First name	Signature	Singlet extra \$15
Individual					Size:
Swimmer					Size:
Cyclist					Size:
Runner					Size:

GENERAL RULES

- The spirit of friendly competition should apply throughout each of the races. Any non-sportsman-like conduct constitutes grounds for immediate disqualification of you or your team
- Competitors must obey all directions and instructions by officials
- If you withdraw from the race, please notify the timing team at the finish line
- It is the responsibility of each competitor to be familiar with the race course
- **A top must be worn during the cycle leg and run leg of the event**
- Competitors are individually responsible for following all traffic laws and road rules, and are solely responsible for the consequences of any infringements
- A race briefing will be held 10-15 minutes before each race. Please ensure you are present for your race briefing

Swim

- No fins, paddles, snorkels, wetsuits or floatation devices are to be used. Regular swimming goggles are permitted.
- Competitors who warm up must be behind the start line at least two minutes before race start
- Competitors **must start in the pool – no diving**. Any stroke is permitted during the swim leg
- The pool will be patrolled by qualified lifesavers

Cycle

- All competitors will be required to wear an AUSTRALIAN STANDARDS APPROVED HELMET throughout the bike course
- The helmet straps must be secured prior to moving the bike from the rack. At the completion of the cycle the bike must be racked prior to unfastening the helmet
- No drafting on the Cycle leg is permitted – 5 metres between bikes unless passing
- Competitors must obey the instructions of police, course marshals and other volunteers
- MP3 Players, iPod's, Walkman's etc. **are** permitted whilst competing.

Run

- No form of locomotion other than running or walking is allowed – no exceptions!
- All run legs will be on a bitumen or gravel surface
- No individual support vehicles or escort runners are allowed
- Runners are expected to follow the directions of all course marshals and race officials
- MP3 Players, iPod's, Walkman's etc. **are** permitted whilst competing.

Transition Area

- Once the race starts, only competitors who are racing can enter the transition area. This will apply until the last cyclist of the race has returned his/her bike to the area – No exceptions!
- Make a mental note of your placement in the transition area so you can easily find your correct position, e.g. Bike

rack row number. No flags, signs or tape can be used to identify a competitor's bike rack as it provides an unfair advantage over other competitors

- Relay change over for the Teams will take place at the Bike Racks
- Each competitor is ultimately responsible for his or her own gear

SAFETY & MEDICAL RECOMMENDATIONS

- Drink plenty of fluid before and during the event
- Ensure you have eaten something 1-2 hours before the event
- Bicycles must be in safe mechanical condition for the race and should be checked prior to the race
- If you are over 35 years of age and/or have not done much regular exercise, it is strongly recommended that you have a medical check-up prior to the event