

KULIN TRIATHLON

Saturday 21st March 2020

ENTRY FORM

Start times from 8.30am to be confirmed once all entries received

Individual: _____

Team Name (if applicable): _____

Contact Name: _____

Address: _____ Postcode: _____

Phone: _____

Email: _____

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 of this event and if so directed I will not take any further part in the event.

I hereby agree that photos can be taken of me on the day and that the Shire of Kulin can publish photos of the day more than once in a variety of Shire publications including Newsletters and on the Shire's Facebook Page and Website.

Signed: _____

Category: (Please circle below)

Individual OR Team

Open Long Course / Open Short Course/ Junior 12 to 16 / Junior U12

Competitors Details:

	Gender	Age	Surname	First Name	Signature
Swimmer					
Cyclist					
Runner					

Entry Forms to be emailed to reccentre@kulin.wa.gov.au by Friday 13th March
Payments can be made to the Shire before the event or cash on the day.

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 bike placement in the transition area so you can easily find your correct position. 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