

RUTHERGLEN Triathlon



Sunday 11th March 2012

Senior Event

Bike 22 Km, Pool swim 200m, Run 5Km

Junior & Back of the Pack Event

Bike 10 Km, Pool swim 200m, Run 3.5Km

Categories and Fees

⊙ Individual Senior (Open and Veterans)	\$25
⊙ Individual Juniors (up to 17yo)	\$15
⊙ Back of the Pack	\$12
⊙ Open and Veteran Teams	\$39
⊙ Junior Teams (up to 17yo)	\$24
⊙ Mini Junior Teams (all 12yo or less)	\$24

Prizes

- ⊙ 1st, 2nd and 3rd Female and Male in all individual categories
- ⊙ 1st, 2nd and 3rd in all team categories
- ⊙ 1st Local Male and Female individual Open or Veteran
- ⊙ Back of the Pack – trophy
- ⊙ Spot prizes

Starting Times

- ⊙ 7:45am Briefing, 8:00am Start Juniors and Mini Juniors and Back of the Pack
- ⊙ 8:45am Briefing, 9:00am Start Open Categories
- ⊙ 10:30am Presentations

For further information contact: Rutherglen Visitor Information Centre on 1800 622 871 or Steve McIntosh on 0419282793

Entry forms available from www.rutherglenrotary.org



ENTRY FORM - RUTHERGLEN ROTARY 2012 TRIATHLON

Post application and payment to Rutherglen Triathlon, PO Box 6 Rutherglen 3685

PLEASE USE ONE FORM PER ENTRY

INDIVIDUAL ENTRY

Male Female

Given Name _____ Surname _____ DOB ___/___/___

Residential Address _____ Town/City _____ Postcode _____

Postal Address _____

Phone _____ Mobile _____ Email _____

Open (18-40 yo) (\$25) Veteran (40+ yo) (\$25) Junior (13-17 yo) (\$15)

Mini Junior (12 yo and under) (\$15) Back of the Pack (\$12) (Conducted with the junior event)

TEAM ENTRY

Open (18-40 yo) (\$39) Veteran (40+ yo) (\$39) Junior (13-17 yo) (\$24)

Mini Junior (12 yo and under) (\$15)

Rider

Given Name _____ Surname _____ DOB ___/___/___

Swimmer

Given Name _____ Surname _____ DOB ___/___/___

Runner

Given Name _____ Surname _____ DOB ___/___/___

Team Leader's Postal Address _____ Town/City _____ Postcode _____

Phone _____ Mobile _____ Email _____

DECLARATION

By signing this entry, I hereby waive any and all rights of claim for damage against the race organisers, the race sponsors and representatives of all persons associated with the Triathlon. I will additionally permit the free use of my name and picture in broadcasts and telecasts as they pertain to the Triathlon event. I here attest and verify I am physically fit and have trained for this competition and my physical condition has been verified by a licensed medical doctor. I hereby agree in the event of a race cancellation due to weather, winds or other conditions my entry fee may be non-refundable. I hereby agree to produce proof of age upon request

Signed (or if under 18 years signed by parent or guardian) _____ Date ___/___/___

TRANSITION AREA:

Bikes must be walked in the transition area

1. Bikes MUST be replaced in correct bike stand after bike section.

BIKE:

1. ALL competitors will be required to wear a HELMET throughout the bike course.
2. ALL competitors will be required to carry one full water bottle at the start of the bike course.
3. Absolutely NO drafting another bicycle or any other vehicle is allowed. A space of two bike lengths must be left between all riders at all times. The draft busters will be out in force.

SWIM:

1. NO fins, paddles, snorkels or floatation devices.
2. NO Individual paddlers or escorts timers.

RUN:

1. NO form of locomotion other than running, walking or crawling is allowed.
2. NO Individual support vehicles or escort runners are allowed. Runners are expected to follow the directions of course marshals or race officials.

RULES APPLYING TO ALL SEGMENTS OF RACE

1. Course Marshals shall have authority to disqualify any competitors.
2. Medical staff shall have ultimate and final authority to remove a competitor from the race if the competitor is judged to be physically incapable of continuing the race without risk of serious injury.
3. If you withdraw from the Race, please notify a race marshal or race official.

SAFETY ADVICE:

1. Drink plenty of fluid before and during the event.
2. Obey all road rules and instructions given in the Entry form and at the briefing prior to the race.