

RUTHERGLEN



Triathlon



7th MARCH 2010

Teams
&
Individual

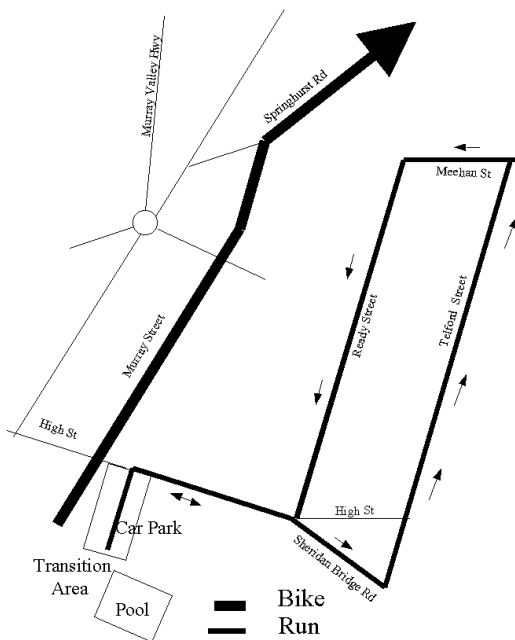
**22 km Bike Ride
(juniors 10 km)
200 m Pool Swim
5 km Run
(Juniors 3.5 km)**

Cash
&
Prizes

For further information contact: Rutherglen Visitor Information Centre on 1800 622 871

Course

Categories and Fees



Individual Senior (Open and Veterans)	\$25
Individual Juniors (10 to 17 only)	\$15
Back of the Pack	\$12

Open and Veteran Teams	\$39
Junior Teams (under 17 only)	\$24
Mini Junior Teams (all 12 or less)	\$24
(Entry on race day – add \$5)	

Prizes for:

- 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

Starting Times:

Rutherglen Pool - 7th March 2010

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

Charges apply for entry on the day - post your entry before raceday

Entry forms available from www.rutherglenrotary.org.au

ENTRY FORM: Please post to Rutherglen Triathlon, PO Box 95, Rutherglen 3685

Individual or 1 st Team member Name: DOB: Address:	<input type="checkbox"/> Male	<input type="checkbox"/> Female
2 nd Team member Name: DOB: Address:	INDIVIDUAL: Open (18 to 40 yo) (Circle) Veterans (40+ yo) Junior (13 to 17 yo) Mini Junior (12 yo & under) Back of the Pack NB – Back of the Pack are seniors who start and do the junior event – designed for adults who ‘want to have a go’. You can walk the ‘run’ leg!	
3 rd Team member Name: DOB: Address:	TEAM: (Circle) Open Vetaran Junior (13 to 17 yo) Mini Juniors (all 12 yo & under)	
Contact Telephone Number:		
ENTRY FEES:	Senior, Veterans \$25 Senior Teams \$39 Back of the Pack \$12	Junior (10 to 17) \$15 Junior/ Mini Junior Teams \$24
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 face cancellation due to a storm, rain, inclement sea or 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)		

Cut out and post with cheque or money order

TRANSITION AREA:

1. Bikes must be walked in the transition area
2. 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 draftbusters 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.