

July 4th Triathlon Team Sign Up Form

Swimming



Boating

Running

The annual July 4th Triathlon is open to co-eds of all ages. All participants **Must** be able to swim and anyone under the age of 18 must have their parent's/ legal Guardian's permission in order to participate (signed waiver required day of the event for **ALL** participants regardless of age). Each team must consist of:

- 1) one individual who will do all three legs of the race **or**
- 2) 3 people with each member doing one of leg of the race.

The race will consist of three legs: swimming (swimming lake from the concession stand to the covered fishing dock), rowing (from covered fishing dock to dock on island), and running (from island fishing dock to finish line between fishing and swimming lake on the land bridge). Each heat will have teams competing not against each other but against the clock. Event winners will be determined by top three fastest times among all competitors. 1st, 2nd, and 3rd place prizes will be awarded to each member on the top three teams. All participants **MUST** be signed in and waivers turned in by 2 pm on race day. Teams wishing to compete must meet in front of the life guard office to be placed in their respective heats. If you have any questions, please contact Shane Gibson for more details. Good Luck.

Team Name	#	Participant Name (Print)	Age	Parent/Legal Guardian Name (Print)	Parent/legal Guardian (Signature)	Heat Time
	1					
	2					
	3					

*Parent/Legal Guardian needed for any participant under 18 yrs of age as of July 4th

July 4th Triathlon Waiver Form

Name: _____

Address: _____

Contact Information: _____

Release: I understand that participating in a triathlon is a potentially hazardous activity. I should not enter the event unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the triathlon. I assume all risks associated with participating in this event including, but not limited to: falls, contact with other participants, the effects of weather, traffic, and course conditions, all such risks being known and appreciated by me. I understand that life guards and race volunteers will be prepared to aid in case of emergency. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, do hereby release, indemnify, and discharge the club and its volunteers and staff from all claims of any kind arising out of my participation in this event.

Signature: _____ Date: _____

Signature of Parent or Guardian (if Under 18): _____ Date: _____

As parent or guardian of the above participant under age 18, I acknowledge reading the above release and agree to be bound by its terms in all respects, including, but not limited to my agreement to indemnify the club, volunteers and staff, and assigns from any and all claims arising from my child's participation in the event.