



SWIM BIKE RUN

REGISTRATION FEE \$10.00

REGISTRATION INCLUDES:

- RACE T-SHIRT
- RACE MEDAL
- RACE BAG
 - FILLED WITH DONATIONS FROM OUR SPONSORS
- FREE ADMISSION TO AQUATIC CENTER
- POST RACE REFRESHMENTS

Proceeds benefit the Carroll Parks & Recreation Department Youth Scholarship program.

If interested in being a race sponsor please contact the Rec Center at 792-5400.

Carroll Rec Center

May 27, 2017

Registration

Opens one (1) hour prior to the age group start time.

Fee

\$10.00 per participant.

Swim (Rec Center Pool)

Participants swim test opens thirty (30) minutes prior to participant start time. Participants will be allowed to use kickboards or lifejackets. If participant is not a strong swimmer they can skip the swim portion.

Bike (Parking lot / road course)

Each participant must supply their own bike and helmet for the event. Bike staging area will be at the east entrance of the Rec Center. Participants may start staging their bike no more than thirty (30) minutes prior to their start time.

Run (Track)

Participants are required to wear shoes for the running event.

Age Groups

6-8 year olds

Start Time: 9:00 am

25 yard swim

1 mile bike ride

1/4 mile run

9-11 year olds

Start Time: 10:00 am

25 yard swim

1.5 mile bike ride

1/2 mile run

12-14 year olds

Start Time: 11:00 am

50 yard swim

2.0 mile bike ride

1 Mile run

2017 YOUTH TRIATHLON ENTRY FORM

Fee: \$10.00 per participant

T-shirt Size: YS (6-8) YM (10-12) YL (14-16) S M L XL XXL XXXL

Name _____ Male or Female

Age on Race Day _____ Birthday _____

Street _____

City & State _____ Zip _____

Phone _____

I know that running a road race is potentially hazardous activity. I should not enter and run unless I am medically able and properly trained. I agree to abide by any decision of race official relative to my ability to safely complete the run. I assume all risks associated with running in the event included, but not limited to: falls, contact with other participants, the effects of the weather, included high heat and/or humidity, traffic and the condition of the road, all such risk being known and appreciated by me. Have read this waiver and knowing these facts and in consideration of you accepting my entry, I, for myself, and anyone acting on my behalf, waive and release the City of Carroll and all other sponsors, their representatives and successors, from all claims or liabilities of any kind arising out of my participation in this event even though that liability may arise out of negligence or carelessness on the part to the persons names in the waiver. I further agree not to run with any earphone headsets on. I understand that insurance regulations prohibit wheeled vehicles, excluding wheelchairs and strollers, but including bicycles, skateboards etc.

Signature

Date

Parent's signature (if under 18 years of age)

**Make checks payable to: Carroll Parks & Recreation Department, 716 N. Grant Rd, Carroll, IA 51401
(RETURN BY May 18, 2017)**

May 27, 2017

Fee: \$10.00

Race starts at the Rec Center

Registrations should be returned to the Rec Center by Monday May 18, 2017

Race Start Times

6-8 year olds - 9:00 am

9-11 year olds - 10:00 am

12-14 year olds - 11:00 am

Day of registration and packet pickup starts one (1) hour prior to age group start time.

Day of registrations will receive either a t-shirt or substitute participant prize.

