

TRI BC WAIVER

RELEASE AND INDEMNITY

Please read carefully

I, THE APPLICANT, ON BEHALF OF MYSELF, MEMBERS OF MY FAMILY, MY HEIRS, EXECUTORS, ADMINISTRATORS AND ASSIGNS, HEREBY FOREVER RELEASE, DISCHARGE AND HOLD HARMLESS TRIATHLON BC (TRI BC) REPRESENTATIVES AND AGENTS FOR ANY INJURY, LOSS OR DAMAGE TO MY PERSONAL OR PROPERTY HOWSOEVER CAUSED, ARISING OUT OF OR IN CONNECTION WITH MY TAKING PART IN TRI BC ORGANIZED EVENTS AND ACTIVITIES CONTRIBUTED TO OR OCCASIONED BY THE NEGLIGENCE OF THE TRI BC REPRESENTATIVES OR AGENTS.

IN WITNESS, THEREOF, I HAVE HEREUNDER SET MY HANDS THIS

DAY OF , 2009/10

PRINTED NAME OR NAMES

PARTICIPANTS SIGNATURE PARENT/GUARDIAN IF UNDER 19YRS

WITNESS NAME

WITNESS SIGNATURE

THANK YOU TO OUR SPONSORS



Robert W. Cameron
Law Corporation



Parkway Physiotherapy & Performance
Centre



Western Foods



9th ANNUAL
TEAM X
SOOKE SPRINT TRI

SUNDAY, May 9, 2010

Sooke Seaparc Leisure Complex

Tri BC Provincial Race Series



RACE INFORMATION

DATE Sunday, May 9, 2010

PLACE: Seaparc Leisure Complex
2168 Phillips Rd, Sooke BC

First Heat 07:30 a.m.
Body marking and bike check in 06:30
Bikes must be in transition ½ hour before heat.

Mandatory Bike Check

Fort St. Cycle
1025 Fort St
Victoria, BC (250) 384-2898
<http://www.fortstreetcycle.ca>

Mon thru Fri 10-6 p.m.
Sat 10-5 p.m.

RACE PACKAGE PICK UP

Island Runner
Friday, May 7th 4:30-6 pm

Fort St. Cycle
Saturday, May 8th 10 – 2p.m.

For out of town participants, check website

<http://www.teamxtriathlon.com/>

COURSE DESCRIPTION

Swim - 750m swim
First heat- 7:30 a.m.

Bike - 20k paved asphalt surface.
Hilly, challenging course with fast technical sections.

Run - 5k paved surface,
Hilly, out and back

Route maps available on Website
<http://www.teamxtriathlon.com/>

REGISTRATION

All entries must be in no later than April 30, 2010
NO refund on registrations. **NO** late entries

Proof of Tri BC membership required & if Non Tri BC Member, \$15 must be received with registration.

Tri BC Member \$70

Non Tri BC Member \$85

Cheque payable to Team X
(no post dated cheques)

Mail Entry Form (front & back)

Connie Hearty
305-3230 Glasgow Ave
Victoria, BC V8X 1M2

Drop Off

Island Runner (Fairfield Plaza)
Fort St. Cycle

TIMING

David Kazakoff
(Qualicum Beach Tri, Tri of Compassion)

AWARDS

REFRESHMENTS

FREE MASSAGE

VOICE OF MIKE SUMINSKI



Team X SOOKE TRIATHLON ENTRY FORM

Name _____

Address _____

City _____

Phone _____

Email _____

Tri BC # _____

Age as of
Dec 31/10 _____

Birthdate
(M, D, Y) _____

Club Name: _____

Estimated 750 Swim Time: _____

Age Category:

Male	Female
16-19 _____	30-34 _____
20-24 _____	35-39 _____
25-29 _____	40-44 _____
_____ Elite	_____ Jr Elite

Athlete with a disability, if yes describe: