



Saturday 18th February 2012 (4pm)

**Municipal Pool, Ramsay St, Norseman
Norseman Triathlon**

Individual and Team Entries taken - \$20 per individual -\$30 per team

Distance	Short Course Long Course	300m Swim 1km Swim	10km Cycle 30km Cycle	4km Run 8km Run
-----------------	-------------------------------------	-------------------------------	----------------------------------	----------------------------

INDIVIDUAL ENTRY **Long / short** (circle a selection)

Name _____

Contact No. _____

Email (if not on club list) _____

TEAM ENTRY

Name of team _____

Swimmer _____

Cyclist _____

Runner _____

Team Contact _____ Phone Number _____

Email (if not on club list) _____

Please email entry to: secretary@kalgoorlietriclub.com.au

Or post to PO Box 4664 Kalgoorlie WA 6430

Payment can be made on the day

Any queries please contact: Karen Franks on 0428 916 617

Sanctioned by Triathlon WA, a member of Triathlon Australia



Norseman Triathlon

Saturday 18th February 2012

Municipal Pool, Ramsay St, Norseman

Entry Fee:	\$20 per individual \$30 per team
Race Briefing:	3:30pm
Race Start:	4:00pm (sharp)
Distances Short:	300m Swim 10Km Cycle 4Km Run
Long:	1km Swim 30km Cycle 8km Run
Categories:	Individual Men Individual Women Teams

Race Rules and Safety

- No paddles, fins, snorkels or flotation devices
- All cycling competitors to wear a hard shell helmet. Helmets must remain securely fastened from before commencing cycling leg until after ceasing movement.
- Wetsuits may be worn if water temperature is below 25 degrees
- Competitors are individually responsible for following traffic laws at all times
- Competitors must follow the directions of all course marshals or race officials.

We encourage you to check your bike and safety equipment prior to competing as our marshals will be inspecting bikes and helmets before the race. Below is a list of the race rules regarding bikes.

Triathlon Bike Checklist

- The bike must be in a roadworthy condition
- Seat must be done up and not move side to side or up and down
- Front and rear brakes must be in working order
- Handlebars must be secure and not able to move up and down. The bars must be taped or have a handlebar bung on it. No open tubes will be allowed
- Tyres must be pumped up.
- Chain must be tight so that it won't fall off
- Helmet must be secure. No helmet no ride.

DECLARATION

WARNING: This is a legal document that affects your rights.

MUST be signed by ALL competitors.

I agree to compete in the Kalgoorlie Tri Club events on the following basis:

1. I acknowledge that competitive triathlon involves the real risk of serious injury or even death from various causes, including over-exertion, equipment failure, dehydration, accidents with other competitors or spectators, other road users, course conditions, etc.
2. I understand that I should not compete in this event unless I have trained appropriately and a medical practitioner has verified my medical condition.
3. By competing, I accept all risks necessarily flowing from my participation which could result in loss of life or permanent injury. Accordingly, I release all people associated with the conduct of the event from, and will indemnify them against, all liability (including liability for their negligence) for all injury, loss or damage out of or connected with my participation in this event. For clarification, the people released include event organisers, promoters, sponsors, managers, Triathlon Australia, Triathlon Western Australia and all of their respective directors, officers, employees, agents, contractors, and volunteers including event medical and paramedical personnel. This release and indemnity continues forever and binds my heirs, executors, personal representatives and assigns.
4. I consent to receiving medical treatment that the event organisers think desirable during or after the event.
5. I consent to event organisers using my name, image or likeness, before, during and after the event, for promotional broadcasting or reporting purposes in any media.
6. I understand that compulsory insurance cover effected for participants in this event may not cover me for all injury, loss or damage sustained by me.
7. I understand that safety precautions undertaken by organisers are a service to me and other competitors but are not a guarantee of safety.
8. That I am fully responsible for the security of my personal possessions at the event.
9. That my registration is not transferable to other people. If I am unable to compete or the event is cancelled, my registration fee is non-refundable.
10. That I have listed below any medical condition from which I suffer that might affect my performance or be relevant if medical treatment is needed.
11. That I agree to abide by all race rules and direction issued by the event organiser or race official.
12. I CERTIFY THAT I AM 18 YEARS OF AGE OR OLDER AND HAVE READ THIS DOCUMENT AND FULLY UNDERSTAND IT.

I AGREE to the conditions above by signing below:

Signature:.....

Date:.....