



Queensland Country Health Fund  
**Bowen TRIATHLON 2010**



*Pace Yourself in Paradise*

**Sunday 17<sup>th</sup> October, 2010  
 Queens Beach, Bowen**

Everyone Welcome; Complete Beginner to Elite Triathlete

**Sprint Distance**  
 750 m swim  
 20 km cycle  
 5 km run

Individual or Team  
 Minimum age 14 years



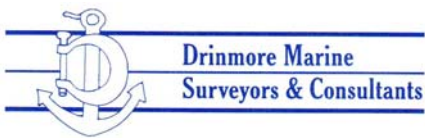
**Short Course**  
 325 m swim  
 11 km cycle  
 2.5 km run

Individual or Team  
 Minimum age 12 years

Lucky draw prizes

Prize money for overall and age category winners

Proudly Sponsored By:



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*Brazil's Radiators*

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*Pace Yourself in Paradise*

First Name		Surname	
DOB	Age at 17/10/10	TA Lic No (if applicable)	
Address		State	Postcode
Phone		Triathlon Club (financial member only)	
Email			

Each team member to fill out separate form (team members must register together)  
All members of Corporate Teams must be part of the same organisation

Team Leg (if applicable) – Please Tick	Swim	Ride	Run
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**WARNING:** This is a legal document that effects your rights

- I acknowledge that competitive triathlon involves the real risk of serious injury or even death from various causes including overexertion, equipment failure, dehydration, and accidents with other competitors, spectators or road users, course or weather conditions and other causes.
- I understand that I should not compete in this event unless I have trained appropriately and a medical practitioner has verified my physical condition.
- By competing, I accept all risks necessarily following from my participation that could result in loss of life or permanent injury. Accordingly, I realise all persons or corporations associated directly or indirectly with the conduct of the event from all claims demands and proceedings arising out of my participation and I hereby indemnify them against all liability (including liability for their negligence and the negligence of others) for all injury, loss or damage arising out of or connected with my participation in this event. This release shall extend to and include ASC Sports, Triathlon Australia Inc. and their respective directors, partners, managers, officers, agents, contractors, employees and volunteers including medical and paramedical personnel appointed for the event, the owners, licensees and occupiers of land upon which the event or any part of it is conducted, and statutory body or local authority having control over land upon which the event or any part of it is conducted or which is involved directly or indirectly with the event in any manner whatsoever and promoters, sponsors and event organisers. This release and indemnity continues forever and binds my heirs, executors, personal representatives and assigns.
- I consent to receiving any medical treatment including ambulance transportation that the event organisers think desirable during or after the event.
- I consent to event organisers using my name, image, and likeness before, during or after the event for event promotional broadcasting or reporting purposes in any media.
- I understand that compulsory insurance cover affected for participants in this event may not cover me for any or all injury, loss or damage sustained by me.
- Safety precautions undertaken by organisers (such as course supervision, race safety briefings, bicycle and helmet safety checks) are a service to me and other competitors but are not a guarantee of safety.
- I am fully responsible for the security of my personal possessions at the event.
- My registration is not transferable to other people. If I am unable to compete, or if the event is cancelled by way of circumstances beyond the control of the event directors, my registration fee is non-refundable.
- I have listed below my medical or physical conditions from which I suffer that might affect my performance or be relevant if medical or physical conditions harm which I suffer that might affect my performance or be relevant if medical treatment if needed. I accept the risk of competing, despite these conditions.
- I agree to abide by all race rules and directions issued by Triathlon Australia and the event organiser.
- Event organisers may change the event format, course or other race conditions at their discretion. If that occurs, this agreement applies to the changed conditions.

Medical Conditions (see item 10)

I certify that I am 18 years or older and I have read this document and fully understand it.

Individual Signature \_\_\_\_\_ Date \_\_\_\_\_

As a parent or guardian of the competitor - \* I agree to the above for myself and on behalf of my child. \* I indemnify and will keep indemnified all people and corporations associated with the conduct of the event on the terms referred to.

Parent / Guardian Signature \_\_\_\_\_ Date \_\_\_\_\_

Visit our webpage and ENTER ONLINE at:  
<http://www.snappaheads.com/bowentriathlon.htm>

Registration: 6:30 – 8:00am Transition Closes: 8:05am  
Race Brief: 8:15am Race Start: 8:30am

## OFFICIAL ENTRY FORM

### Sprint Distance (please tick)

750m swim, 20km ride, 5km run

Age	Male	Female
14 – 16	A	B
17 – 19	C	D
20 - 29	E	F
30 - 39	G	H
40 - 49	I	J
50 -59	K	L
60 +	M	N

Team (please tick)

Male	Female	Mixed
O	P	Q

Team Name: \_\_\_\_\_

Are you a Corporate Team? Yes/No

### Short Course (please tick)

325m swim, 11km ride, 2.5km run

Age	Male	Female
12 – 16	T	U
17 +	V	W

Team (please tick)

Male	Female	Mixed
X	Y	Z

Team Name: \_\_\_\_\_

### Entry Fees (BBQ breakfast included)

#### Sprint Distance

20 yrs +	\$65.00	\$
14 – 19 yrs	\$45.00	\$
Team	\$90.00	\$

#### Short Course

All ages	\$45.00	\$
Team	\$60.00	\$

#### One Day Fee For Non TA Members

Sprint Distance	\$10.00	\$
Short Course	\$7.00	\$
Team member	\$5.00	\$

Singlet Y/N	\$35.00	\$		
SIZE	S	M	L	XL

Late Fee applicable after 14/10/10

Entries Close 16/10/10

Late Entry Fee	\$10.00	\$
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Total amount payable	\$
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### Entry Options:

- Enter Online
- Post entry to: PO Box 3563, Hermit Park, Qld, 4812  
(Cheque or money order payable to Bowen Triathlon)
- Fax Entry to: (07) 4778 8017
- Email to: [drinmore@bigpond.net.au](mailto:drinmore@bigpond.net.au)  
(Pay cash at race day registration)  
Entries close 16/10/10 (late fee applies)  
**No Entries on Race Day**