

LEGAL DECLARATION

In Consideration of the acceptance of my entry:

I do hereby, for myself, my executors and assignees, release and forever discharge the organisers and their respective officers, agents, representatives and/or assignees and supporters from all claims of damage, demands, actions what so ever in any manner arising or growing out of my participation in this event.

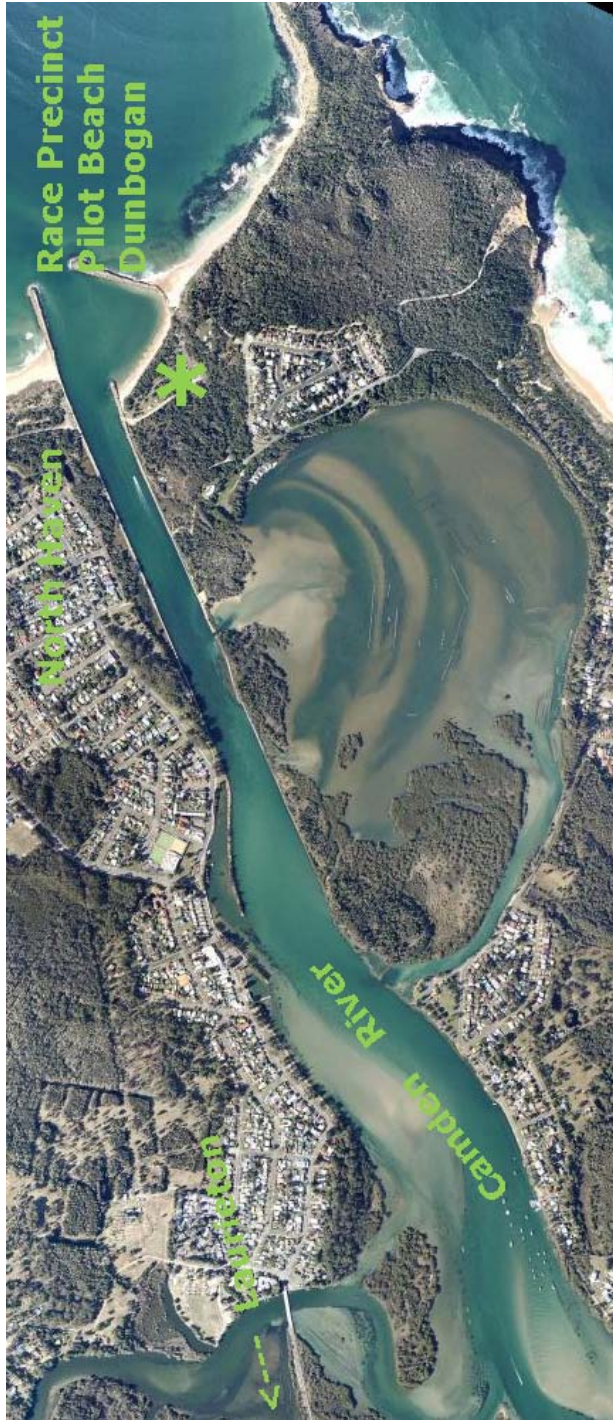
I attest and verify that I have full knowledge of the risks involved in participating and that I have no physical or mental conditions which has the potential to put myself or any other person at risk and that I am physically fit and sufficiently trained to participate in this event.

I have read and understood the rules and conditions for the event and agree to abide by them and to accept any decisions made under them.

I hereby consent to receive any medical treatment, which maybe deemed advisable during the event.

Signature:.....
Parent/Guardian

Date:.....



RIVERVIEW SERVICE CENTRE
595 Ocean Drive, North Haven



PRESENTS THE 2012

Dunbogan Junior Triathlon

In Association with the
Port Macquarie Triathlon Club



Saturday 28th January 2012 from 1pm
Medallion to all finishers

- | | |
|---------------|---|
| RACE 1 | <i>Dunbogan Junior Triathlon</i> |
| 1pm | 14 & 15yr old boys & girls |
| \$15.00 | * 300 metre swim |
| | * 12km cycle |
| | * 2.4km Run |
| RACE 2 | <i>Dunbogan Mini Triathlon</i> |
| 1.10pm | 11, 12 & 13yr old boys & girls |
| \$15.00 | * 200 metre swim |
| | * 6km cycle |
| | * 1.2km Run |
| RACE 3 | <i>Dunbogan Junior Aquathlon</i> |
| 1:20 pm | 8, 9 & 10yr old boys & girls |
| \$10.00 | * wave start |
| | * 100 metres wade-swim (shallow water) |
| | * 1km metre beach/bush run |
| RACE 4 | <i>Dunbogan Mini Aquathlon</i> |
| 1:30pm | 6 & 7yr old boys & girls |
| \$10.00 | * wave start |
| | * 50 metres wade (shallow water) |
| | * 700 metre beach/bush run |

ENQUIRIES:

Visit www.portmactriclub.com.au

Jo Pilgrim 0417 222 418 or 6582 7750

Andrew Lister 0406 316 228 or 6582 5135

RACE SANCTIONED BY TRIATHLON N.S.W.

ENTRY FORM
DUNBOGAN TRIATHLON & AQUATHLONS

Name:.....
PARENT/GUARDIAN TO SIGN REVERSE
Date:.....

Address:.....
.....
Phone:..... Postcode.....
Sex..... DOB..... Age(On Race Day)
School:.....
Club:.....

Send Entries to:
Port Macquarie Triathlon Club Inc.
PO Box 1789 Port Macquarie 2444
Make Cheques or money orders payable to:-
Port Macquarie Triathlon Club Inc.

ENTRY FEE: RACE 1 & 2 (11 – 15 Years) \$15 RACE 3 & 4 (6 – 10 Years) \$10

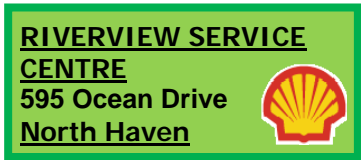
PRESENTATIONS:

ALL finishers will be presented with their medallion as they cross the finish line. TROPHIES to all age group winners, & school challenge trophy will be awarded at **4:00pm** at the Laurieton United Service's Club

**RANDOM PRIZE DRAW
NEW BIKE UP FOR GRABS
MUST BE AT PRESENTATION TO COLLECT**

**LAURIETON UNITED SERVICE'S CLUB
SEYMOUR STREET, LAURIETON NSW 2443
PH: (02) 6559 9110 – FAX: (02) 6559 9336**

THANK YOU TO ALL OUR SPONSORS



ENTRY

Your age is that which you are on
28th January 2012

**FILL OUT ATTACHED ENTRY
FORM SIGNED BY
Parent or Guardian**

Payment must accompany Entry Form

**Cost: RACE 1 & 2 - \$15
RACE 3 & 4 - \$10**

*Entries will be accepted NO later than
1 hour prior to each race.*

**TAKE SPECIAL NOTE OF
AGE-GROUP START TIMES!**

BRIEFING 10 minutes before each race

PARENTS we ask you to **remain outside** the recovery & finish area at **all** times and out of the bike compound while race is in progress. **Marshalls will assist competitors.**

SWIM – Tide will be mid/low
NO wet suits

CYCLE – Torso to be covered, Helmets compulsory and secured before leaving and re-entry to compound. **Bikes MUST** be roadworthy (if we consider it unsafe you will not race)

RUN – 6, 7, 8, 9 & 10 yrs beach/bush run
11,12 & 13yrs 1.2km bush track/beach run
14 & 15 years 2.4 km bush track/beach run
Shoes must be worn