

# TRISTARS TRIATHLON ENTRY FORM

My name is ..... and I would like to have a go at doing a TRIATHLON.

I am ..... years old, and I can swim at least:

- 8/9 yrs old: - 50 metres
- 10/11 years old: - 100 metres
- 12/13 years old - 200 metres
- 14/15 years old - 300 metres

without Arm Bands, and I have a mountain bike and cycle helmet.

My Parents are happy for me to do a triathlon and confirm that I can swim as well as I have said I can.

All participants should be covered by personal liability insurance or similar.

I am happy that any photographs taken during the event of my child may be used for PR purposes (i.e. post race report in Lion Newspaper)

(Signature of parent or guardian) .....

(NAME). ..... DATE: .....

I will come to the Akrotiri swimming pool on the morning of the race (Sat 1st May 2010) at 3 o'clock (1500hrs) with my swimming costume/goggles, bicycle/helmet, my running shoes/T-Shirt.

I am fit and well, but I promise that I will not take part if I feel ill or unwell on the day.

Signature .....

Full Name .....

Contact Address .....

Telephone Number .....