

Mail-in Registration Form: (on-line registration available at www.trinelson.com)

Last Name _____

First Name _____

Street _____

City _____ Prov./State _____

Postal Code/Zip _____ Phone #: (_____) _____

e-mail _____

Valid 2010 Tri BC Number _____

Age as of Dec. 31/10 _____ Birth Date (yyyy/mm/dd) _____

Circle ALL Sex: Male or Female Course: Long or Sprint

Applicable:

Individual or Team: Swimmer or Cyclist or Runner

T-Shirt: Male or Female Small or Medium or Large or X-Large

Lunch: # _____ Veggie or _____ Meat (specify for all lunches)

RELEASE AND INDEMINITY WAIVER: Please read carefully and sign. I, the applicant, on behalf of myself, members of my family, my heirs, executors, administrators, and assigns, hereby forever release, discharge, and hold harmless the Nelson Athletic Association (NAA) and Triathlon BC (Tri BC) representative and agents for any injury, loss or damage to my person or property howsoever caused, arising out of or in connection with my taking part in NAA and TriBC organized events and activities and notwithstanding that the same may have been contributed to or occasioned by the negligence of the NAA or TriBC representative or agents. I acknowledge that I am responsible for the roadworthiness and correct operation of my bicycle.

In witness thereof, I have hereunder set my hand this

Day _____ of _____ 2010

Printed Name _____

Signature of Applicant (or Parent/Guardian if under 19 yrs. of age)

ALL COMPETITORS MUST SIGN ENTRY FORM

Witness Name _____

Witness Signature _____

TEAM NAME: _____

CYSWOG'N'FUN TRIATHLON AUGUST 1, 2010

All Participants must complete a registration form for EACH entrant - i.e. each team member needs a separate entry form. Please ensure you have filled in all requested information before mailing. Race date: August 1, 2010 Start Time: 0800 AM sharp

Categories:

Individual: Long Course (18yrs+): Female and Male

Sprint Course(16yrs+): Female and Male

Team (2 or 3 people): Long Course: Female, Male and Mixed

Sprint Course: under 16 or **16+

**This category is for exhibition only. There will be no medals awarded in the 16+ Sprint Course Team category.

For minimum ages and race cut-off times, see "entry fees" page of our website

Race Fees includes t-shirt, post-race luncheon, swim cap and massage. Entries include Tri BC race-day membership. T-shirts will be in early entrants' registration packages. Late entries (after July 11, 2010) will have t-shirts mailed

Early (before July 11, 2010)

Individual - Sprint (16-17 yrs)	\$60.00	=\$ _____
Individual - (18+) Sprint/Long	\$60.00	=\$ _____
Tri BC Fee (Members deduct)	(\$-15.00)	=\$ _____
Team Youth (12-17) 2 or 3 x	\$42.00 each	=\$ _____
Team Adult (18+) 2 or 3 x	\$42.00 each	=\$ _____
Tri BC Fee (Members deduct)	(\$-6.00) each	=\$ _____
Additional Lunches	\$9.00 each	=\$ _____

TOTAL: = \$ _____

Late (before noon July 31, 2010)

Individual - Sprint (16-17 yrs)	\$78.00	=\$ _____
Individual - (18+) Sprint/Long	\$78.00	=\$ _____
Tri BC Fee (Members deduct)	(\$-15.00)	=\$ _____
Team Youth (12-17) 2 or 3 x	\$48.00 each	=\$ _____
Team Adult (18+) 2 or 3 x	\$48.00 each	=\$ _____
Tri BC Fee (Members deduct)	(\$-6.00) each	=\$ _____
Additional Lunches	\$9.00 each	=\$ _____

TOTAL: = \$ _____

Payment: Make cheque payable to:

Nelson Athletic Association.

-Credit card accepted for faxes, online and in-store registration.

-No credit cards accepted at Lakeside Park Saturday July 31, 2010 (cash or cheque only)

Mail entry forms to: (early entries must be post-marked by July 10/2010)

Nelson Athletic Association

PO Box 262,

NELSON, B.C. V1L 5P9

TriBC members must show membership card at race package pick-up.

(TriBC membership list will be on site @ race package pick-up. \$15.00 fee will be added if your membership is not active.)