

# J-HAWK LATEBIRD TRIATHLON

September 27, 2015  
Whitewater, Wisconsin  
UW-Williams Center

*Come join the fun!*

*Did you do the Earlybird? See your improvement, with our Fall triathlon.*

**Adult SPRINT Tri:** 500 yd swim, 13.7 mile bike, and 3.1 mile run  
**Adult OLYMPIC Tri:** 1000 yd swim, 27.5 mile bike, and 6 mile run

**Child Triathlon:** 200 yd swim, 4 mile bike\*, 1 mile run\*

**Team Triathlons:** Can be co-ed or single sex teams, 2 or 3 person

\*A parent may ride/run alongside their child.

*On-Line Registration available at **EVENTBRITE.COM** and **ACTIVE.COM***

The Adult Olympic race schedule starts between 9am-9:30am. The Adult Sprint Tri starts between 9:30am-Noon (after the Olympic tri swimmers are done). Seeding is determined upon swim time (the fastest group does NOT swim first). When registering, please plan your day accordingly. Swim assignments are posted the week before the event, so driving arrangements can be made. Race packet pickup stays open until 11am, so athletes racing at a later time do not have to arrive at 7:30am. Our event is scheduled so that the majority of athletes are not waiting for several hours before our awards and raffle presentation. The Child Race will not start before 2pm, with registration at 1:30pm.

## AWARDS:

Overall Individual Adult Male Winner  
Overall Male Olympic/Raptor Winner  
Overall Individual Male Child Winner

Overall Individual Adult Female Winner  
Overall Female Olympic/Raptor Winner  
Overall Individual Female Child Winner

**1<sup>st</sup>-3<sup>rd</sup> place awards will be given to men and women in the Adult Triathlon:**

19&Under, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65+, Clydesdale/Athena, Raptor,  
10-18 Yr. Old Team, Masters Team (all members are 40&Older),  
Family Team (includes up to 1<sup>st</sup> cousin), Multi-Age Team, and Olympic/Raptor Relay

**Raptor Divisions:** 1<sup>st</sup>-3<sup>rd</sup> (overall winner is not included)

**1<sup>st</sup>-3<sup>rd</sup> place awards will be given to girls and boys in the Child Triathlon:**

6&U, 7-8, 9-10, 11-12, 13-15, 16-18,  
10&Under Team, 11-15 Yr. Old Team, and Multi-Age Team

**All participants receive a t-shirt. There is a fun raffle following each awards ceremony.**

Group rates are offered. All participants must complete the registration and waiver. Once your registration and waiver is received by the event coordinator, you will receive a confirmation phone call or e-mail.

For more information, call Cheri at 262-473-7103 or 608-449-5150 or e-mail [j\\_hawkswim@charter.net](mailto:j_hawkswim@charter.net) (e-mail is best way).

**For Office Use Only**

Check #: \_\_\_\_\_

Amt Pd: \_\_\_\_\_

Race #: \_\_\_\_\_

# J-HAWK LATEBIRD TRIATHLON REGISTRATION FORM

Sunday, September 27, 2015



Group Name (only needed if registering with 5 other Adults): \_\_\_\_\_\*

Athlete Name: \_\_\_\_\_

Phone: \_\_\_\_\_

Street Address: \_\_\_\_\_

e-mail: \_\_\_\_\_

City, State, Zip: \_\_\_\_\_

Date of birth: \_\_\_\_\_ Age: \_\_\_\_\_

Is this your first triathlon? \_\_\_\_\_

### Adult SPRINT Triathlon

Male / Female (circle one)

Individual or Relay Team (circle one)

Circle all that apply:

Clydesdale or Athena (heavyweight divisions)

Relay Type: Family – Masters – 10-18 yr old – Multi-Age

500 yard swim time: \_\_\_\_\_

### Child Tri Race

Male / Female (circle one)

Individual or Relay Team (circle one)

Circle your relay type (if applies):

10&U      11-15      Multi-Age

200 yard swim time: \_\_\_\_\_

### Adult OLYMPIC Triathlon

Male / Female (circle one)

Individual or Relay Team  
(circle one)

1000 yard swim time:  
\_\_\_\_\_

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

*\*\*Relays can be 2 or 3 persons\*\**

Team Members (other than yourself): \_\_\_\_\_ (Age: )      Shirt size: \_\_\_\_\_

\_\_\_\_\_ (Age: )      Shirt size: \_\_\_\_\_

Please circle t-shirt size: Adult-S, Adult-M, Adult-L, Adult-XL, Adult-XXL      Youth-M, Youth-L

*All team members must complete a registration and waiver form.*

## WAIVER

Participating in the J-Hawk Earlybird Triathlon is a potentially hazardous activity, and I will not participate in this triathlon unless I am medically able to do so and am properly trained. I shall examine and assume all risks associated with participation in this triathlon. I understand that I am required to wear a helmet any time I am on my bike during the J-Hawk Earlybird Triathlon.

I fully assume all risk of illness, injury, or death and release and discharge the J-Hawk Aquatic Club, The Swim Parents Association, All Event Sponsors, the University of Wisconsin-Whitewater, and their staffs from all actions, claims, or demands for damages arising out of my participation in the triathlon. The foregoing release shall be binding upon me personally, as well as upon my heirs, executors and administrators, and all members of my family.

Signed: \_\_\_\_\_ Date: \_\_\_\_\_

(Parent/Guardian must sign if under 18 years of age)

### Fee Calculation:

**\*\*\* Save \$10 by registering before September 1<sup>st</sup> \*\*\***

Adult Individual Sprint Race (after 8/31/15): \$56 (\$66)

Adult Sprint Relay Team Registration (after 8/31/15): \$75 (\$85)

Individual Adult Olympic (after 8/31/15): \$70 (\$80)

Adult Olympic Relay Team (after 8/31/15): \$90 (\$100)

Child Triathlon      \$20

Child Triathlon Team:      \$30

No Shirt (Subtract \$5, if applicable): \_\_\_\_\_ -> Teams may subtract a max. of \$5 off, for each tri.

Group Fee (Subtract \$4, if applicable): \_\_\_\_\_ -> \*Must have 6, or more, **Adult** individual entries, entered, in each triathlon, being paid for.

**Total Due:** \_\_\_\_\_ \$ \_\_\_\_\_

Please make check payable to: **J-Hawk Aquatic Club**. No refunds are given.  
Mail the registration and waiver form, along with your check to 430 Assembly Rd, Whitewater, WI 53190.