Come join the fun and get an early start with your triathlon experience! Or, check out your improvement, with our Fall triathlon.

**Adult SPRINT Tri**: 500 yd swim, 13 mile bike, and 3.1 mile run  
**Adult OLYMPIC Tri**: 1000 yd swim, 26.5 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.

The Adult Olympic race schedule starts between 8am-8:30am. The Adult Sprint Tri starts between 9am-12:30pm (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 1pm.

**AWARDS:**
- Overall Individual Adult Male Winner  
- Overall Male Olympic Winner  
- Overall Individual Male Child Winner  
- Overall Individual Adult Female Winner  
- Overall Female Olympic Winner  
- Overall Individual Female Child Winner

**1st-3rd 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, 10-18 Yr. Old Team, Masters Team (all members are 40&Older), Family Team (includes up to 1st cousin), Multi-Age Team, and Olympic Relay  
**Olympic Divisions**: 1st-3rd (overall winner is not included)

**1st-3rd 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 (e-mail is best way).
J-HAWK EARLYBIRD TRIATHLON
REGISTRATION FORM
Sunday, May 7, 2017 – Latebird is Sunday, September 24, 2017

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 Triathlon limited to 300 race numbers. Child Triathlon limited to 120 race numbers. Relays can be 2 or 3 persons.

Relay Team Name: __________________________________________

Team Members (other than yourself): __________________________________________

(Age: ) Shirt size: __________

(Age: ) Shirt size: __________

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 J-Hawk Booster Club, 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: ADD $10, TO ADULT EVENTS, STARTING MARCH 15, 2017

Please add shirt price, for all individual racers Relay prices include standard t-shirts (add $4/shirt for wicking order)

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

Adult Sprint Registration Fee: $51 Adult Sprint Team Registration: $76

Individual Adult Olympic: $65 Adult Olympic Relay Team: $90

Child Triathlon: $24 Child Tri Relay Team: $45

ADD: Wicking Shirt Option (+ $10): __________

ADD: Wicking Shirt RELAY MEMBER (+ $4): __________

ADD: Standard T-Shirt Option (+ $6): __________ -> Teams may subtract a max. of $5 off, for each tri.

SUBTRACT Adult Discount (Limit 1 per entry) __________ -> 20% Discount for current/retired military/veteran, or police/sheriff

SUBTRACT $4 Adult GROUP Discount __________ -> You are one of 6 adult individual entries

Total Due: $ __________________________

Limit 1 discount per entry

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.