

J-HAWK EARLYBIRD TRIATHLON

May 7, 2017

Whitewater, Wisconsin

UW-Williams Center

*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.

On-line registration will be available at RunSignUp.com

**SPECIAL DISCOUNTS FOR
Military & Veterans – Police/Sheriff - UWW Faculty & Students**

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 Individual Adult Female Winner

Overall Male Olympic Winner

Overall Female Olympic Winner

Overall Individual Male Child 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).

For Office Use Only

Check #: _____

Amt Pd: _____

Race #: _____

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 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:

**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): _____

SUBTRACT **Adult** DISCOUNT (Limit 1 per entry) _____

SUBTRACT \$4 **Adult** GROUP DISCOUNT _____

- > Teams may subtract a max. of \$5 off, for each tri.
- > 20% Discount for current/retired military/veteran, or police/sheriff
- > 15% Discount for currently enrolled UWW students & staff
- > 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.

