

Jr. Sprint Triathlon

10 and Under Category

50yd Swim ; 1M Bike; 1/4M Run

Categories:

Top 3—boy and girl; Individual
6U, 7—8, 9—10; boys and girls

11-13 Category

100yd Swim; 2M Bike; 1/2M Run

Categories:

Top 3—boy and girl; Individual
11—13; boys and girls



Saturday, August 3, 2019
Lompoc Aquatic Center



Entry Fee: \$20.00. Pre-registration is required.

Time: First heat begins at 11:00am
(Please arrive 50 minutes prior for check-in and body marking.)

ENTRY FORM

Rules: No support crews or pace vehicles on the course (mom & dad, please stay out of the way). Helmets must be worn and fastened when riding. No iPod or MP3 players at any time during your participation. You must obey all instruction given by race, city and county officials. *T-Shirts:* all participants will receive a t-shirt. *Results:* will be available on the city of Lompoc web site. *Registration:* Entry fee is 20.00 per individual. Entries must be postmarked or in the race director's hand by noon Friday, August 2nd. We may not be able to accommodate you with the appropriate swim assignment. *Packet Pick-up:* Saturday, August 3rd, 10am at the Lompoc Aquatic Center Office. Packets include detailed information. Please arrive 50 minutes prior to your swim start for check-in and body marking.

WAIVER: READ CAREFULLY BEFORE SIGNING

I hereby acknowledge that participation in the 2019 Lompoc Jr. Sprint Triathlon competition carries with it potential hazards. I am aware the vehicular traffic and pedestrians will be using the same roadways as I during the race. An accident could cause injury or death. In consideration of the acceptance of this entry, I the undersigned participant, intending to be legally bound, do hereby for myself, my heirs, executors, administrators or assign, waive, release, and forever discharge any and all rights and claims I may have against the City of Lompoc, and any and all sponsors, promoters, and/or their officers, agents, representatives, or assigns, of all liabilities, claims, actions, damages, costs or injuries that may be suffered by me before, during, or after the event. I understand that this waiver includes any claims based on negligence, action, or inaction of any of the above parties. I recognize the difficulties of this event and attest that I am sufficiently physically fit to compete safely in this triathlon and that I have not been advised otherwise by a qualified medical person. In the event of the need of medical attention, I authorize the triathlon official to use their decision to have me transported to a medical facility and administer medical aid and take full responsibility for such action. I agree to allow my photo, video, film likeness and name to be used for promotion or legitimate purpose by this race, event producer and/or sponsors. I have read and understand the rules and regulations of the City of Lompoc Jr. Sprint Triathlon.

Name: _____ T-Shirt (circle one): YS YM YL AS

Address: _____

City: _____ State: _____ Zip Code: _____

Phone: () _____ Age: _____ (as of 8/3/19) Gender (check one): Male Female

10 & Under Category: 50 yard swim time: ____ min: ____ sec 11-13 Category: 100 yard swim time: ____ min: ____ sec

Guardian Signature: _____ Date: _____

Email: _____

**For more information, please contact Mike Espino at 805-875-2703
or by email at: m_espino@ci.lompoc.ca.us**

Registration is taken at the Anderson Recreation Center located at 125 W. Walnut Ave., Lompoc, CA 93436 or by mail. Entry forms and checks (**Payable to the City of Lompoc**) can be sent to:

**Anderson Recreation Center, Attention: Jr. Triathlon
125 West Walnut, Lompoc, CA 93436**

Entry forms are also available online at: www.cityoflompoc.com.