

Rules: No support crews or pace vehicles on the course. Helmets must be worn and fastened when riding. Cyclists: **NO DRAFTING** (2 bike lengths/15 second rule). No Headphones or earbuds at any time during your participation. Mountain bike tires must be 1.9" or greater. You must obey all instruction given by race, city and county officials. *T-Shirts:* all participants will receive a t-shirts. *Results:* will be available on the City of Lompoc website. *Confirmation:* assignments will be given at packet pick up which will include lane and heat assignments and start time. *Registration:* entry forms must be received or postmarked on or before Friday, July 26th to receive the regular registration fee rate. Last chance entries will be charged an additional fee and we may not be able to accommodate you with the appropriate swim assignment. *Packet Pick-up:* Friday August 2nd, 6:30pm-7:30pm, at the Lompoc Aquatic Center, or race day, beginning at 6:30am to 7:30am. 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 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 discretion 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 Sprint Triathlon.

Last First

Name _____

Address _____

City _____ State _____ Zip _____ T-Shirt Size (S-2XL): _____

Phone _____ - _____ - _____ Age on 8/3/2019 _____ Gender: Male Female

Signature _____ Email _____

MIN SEC

500 yard swim time _____ : _____

Last First

Name _____

Address _____

City _____ State _____ Zip _____ T-Shirt Size (S-2XL): _____

Phone _____ - _____ - _____ Age on 8/3/2019 _____ Gender: Male Female

Signature _____ Email _____

Last First

Name _____

Address _____

City _____ State _____ Zip _____ T-Shirt Size (S-2XL): _____

Phone _____ - _____ - _____ Age on 8/3/2019 _____ Gender: Male Female

Signature _____ Email _____

\$50 - Road Bike 14-16 <input type="radio"/> 40-44 <input type="radio"/> 17-19 <input type="radio"/> 45-49 <input type="radio"/> 20-24 <input type="radio"/> 50-54 <input type="radio"/> 25-29 <input type="radio"/> 55-59 <input type="radio"/> 30-34 <input type="radio"/> 60-69 <input type="radio"/> 35-39 <input type="radio"/> 70+ <input type="radio"/>	\$90 - Relay Co-ed <input type="radio"/> Male <input type="radio"/> Female <input type="radio"/> Family <input type="radio"/> Business <input type="radio"/> Military <input type="radio"/>	\$50 - Mt. Bike 14-19 <input type="radio"/> 20-29 <input type="radio"/> 30-39 <input type="radio"/> 40-49 <input type="radio"/> 50-59 <input type="radio"/> 60+ <input type="radio"/>	\$50 Clydesdale (200+ lb) <input type="radio"/> Athena (150+ lb) <input type="radio"/> <hr style="border: none; border-top: 1px solid black;"/> <i>CHECK ONLY</i> <i>ONE CATEGORY</i>
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Send payment (checks payable to the City of Lompoc) and entry form to:
 Anderson Recreation Center – Attention: 2019 Triathlon,
 125 West Walnut, Lompoc, CA 93436



PRESENTS

THE "HANK" HUDSON MEMORIAL

13th Annual



SATURDAY, AUGUST 3, 2019

COURSE DESCRIPTION

Swim 500 yards: 20 lengths of our 14-lane, 25-yard, 81 degree, indoor pool. The three fastest swim times entered (individual or relay) will occupy lane 1. Lane 2, the next three fastest swimmers, etc. Heat 1 starts at 8:00 am. Heat-2, 8:15; Heat-3, 8:35; Heat-4, 8:55.

Bike 11 miles: This course is an out and back. The course is not closed to traffic. A pace vehicle will guide the lead cyclist, for each heat, through the course. All individual triathletes will be provided a numbered spot on the bike rack. Mile markers at each mile.

Run 3.1 miles: The course is flat and out and back. Water will be available at the half way point of the course. Mile markers at each mile. The run ends at the Lompoc Aquatic Center.

Course and Transition maps are available at: www.cityoflompoc.com

CATEGORIES & AWARDS

Top three overall in the Male and Female categories and the top three in each age group of the following categories:


Road Bike: 14-16, 17-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-69, 70-plus

Mountain Bike: 14-19, 20-29, 30-39, 40-49, 50-59, 60-plus

Relays: co-ed, Male, Female, Family, Business, Military

Clydesdale (200 lb+) **Athena** (150 lb+)

CHILDCARE AVAILABLE

 The Lompoc Family YMCA is offering free childcare to triathlon participants during the event. Childcare is available at the YMCA (located next door to the Lompoc Aquatic Center) from 6:30am to 11:30am. Please contact Claudia Rocha at claudia.rocha@ciymca.org by August 1, 2019 if you would like to use this service. Thank you to the Lompoc Family YMCA for sponsoring this service!

FEES

Registration

Registrations received or postmarked on or before Friday, July 26, 2019

Road Bikes \$50

Mountain Bikes \$50

Relays \$90

Registration is taken at the Anderson Recreation Center located at 125 W. Walnut Ave., Lompoc, CA 93436. Entry forms are also available online at: www.cityoflompoc.com.

Last Chance Registration

Monday, July 29th through Thursday, August 1st at Anderson Recreation Center

Friday, August 2nd, 6:30pm to 7:30pm at Lompoc Aquatic Center

Road Bikes \$60

Mountain Bikes \$60

Relays \$110

NO DAY OF RACE REGISTRATION!!!

PACKET PICK-UP

Packets can be picked up at the Lompoc Aquatic Center located at 207 W College Ave., Lompoc, CA, 93436 at the following dates and times:

Friday, August 2nd, 6:30pm-7:30pm

Saturday, August 3rd, 6:30am-7:45am

PLEASE ARRIVE 50-MIN BEFORE
YOUR START TIME FOR BIKE
CHECK-IN & BODY MARK

Questions:

Mike Espino, Recreation Supervisor
(805) 875-2703

m_espino@ci.lompoc.ca.us

LOMPOC SPRINT TRIATHLON RECORDS

Chris Braden **48.07** **Amanda Hahn** **56.02**

Road Bike:

14 – 16:	(M) Maccianti Parker	1.01.51
	(F) Nikki Peirtsegaele	1.05.41
17 – 19:	(M) Jason Prenot	59.34
	(F) Elka Peirtsegaela	1.01.23
20 – 24:	(M) Tyler Storie	53.33
	(F) Danila Ramirez	1.12.42
25 – 29:	(M) Chris Braden	48:07
	(F) Amanda Hahn	56.02
30 – 34:	(M) Brent Brown	51.51
	(F) Elizabeth Hawes	1.02.51
35 – 39:	(M) Brian Wallace	54.41
	(F) Elizabeth Hawes	59.30
40 – 44:	(M) Greg Eisen	1.00.26
	(F) Lynn Agente	1.02.02
45 – 49:	(M) Ross Rembac	1.00.03
	(F) Marguerite Harris	1.03.48
50-54:	(M) Fres Maggiore	57.05
	(F) Pauline Schneekloth	1.05.27
55 – 59:	(M) Jesse Leyva	1.00.47
	(F) Pauline Schneekloth	1.09.23
60 – 69:	(M) Mike Kraus	1.05.53
	(F) Pauline Schneekloth	1.17.38
70+:	(M) Ed Travis	1.17.34

Clydesdale: **Robert Glas** **58.11**
Athena: **Judy Taggart** **1.19.39**

Mountain Bike:

14 – 19:	(M) Alfredo Navarro	1.15.09
	(F) Danielle Kirchmeyer	1.16.11
20 – 29:	(M) Andrew Boniface	1.08.50
	(F) Terra Colburn	1.10.14
30 – 39:	(M) Manuel Regalado	1.10.32
	(F) Jamie Hutchcraft	1.20.09
40 – 49:	(M) Randy Wilson	1.089.53
	(F) Betty Lee	1.11.28
50 – 59:	(M) Ronnie Cataby	1.07.03
	(F) Kelly Stukey	1.18.20
60+:	(M) Michael McIntosh	1.16.22
	(F) Patty Landis	1.48.55

(M) Relay: Byron Mickowicz, Scott Coe, Michael Coe 52.28

(F) Relay: Paige Harris, Alana Michels, Devon Bidell 1.01.04

Co-Ed: Kent Yankee, Mary-Kelley Ogan, Nathaniel Debruno 56.15

Family: Rebecca Olgetree, Michael McIntosh, Clint McIntosh 59.48

Business: Joshua Menezes, Paul Martinez, Michael Martinez 1.01.25

Military: Brad Sellers, Brent Bundy, Scott Ralcao 54.14