

# 2025 Kulin Triathlon

**Saturday 8<sup>th</sup> March, Kulin Aquatic Centre, 8am start**

Individual/s: \_\_\_\_\_

Team Name (if applicable): \_\_\_\_\_

Contact Name: \_\_\_\_\_ Number: \_\_\_\_\_

Email: \_\_\_\_\_

Category: (Please circle) Individual OR Team

Junior Long / Junior Short / Adult Long / Adult Short

Anyone over 14 is required to do either of the adult courses, under 14s are able to do senior courses if competent. Junior events are not organised by age. 7-year-olds and under can enter at the discretion of a parent/ guardian.

Please note that there is a \$15 entry fee for individuals and \$40 for a team. If this is unrealistic for you, please get in contact.

## Competitors Details:

	Gender	Age	Surname	First Name
Swimmer				
Cyclist				
Runner				

Entry Forms to be emailed to [crccounter@kulin.wa.gov.au](mailto:crccounter@kulin.wa.gov.au) or handed into the CRC before February 27th.

Payments can be made to the Shire before the event or cash on the day.

	Swim	Bike	Run
Junior Short	100m	1500m	1000m
Junior Long	200m	3000m	1500m
Adult Short	300m	5500m	3000m
Adult Long	400m	11000m	4500m

**Declaration:** (All entrants or guardian if under 18 must sign)

I hereby acknowledge responsibility of my personal athletic equipment. I hereby waive all and any claim, right or case of action which I might otherwise have for or arising out of my life or injury, damage or loss of any description whatsoever which I may suffer or sustain in the course of, or consequent upon my entry or participation in the said event.

I hereby declare that I am physically fit and have undertaken adequate training for the event. I will fully accept the decision of the race director if I am disqualified for any infraction of the rules or regulations of this event and if so directed I will not take any further part in the event.

Signed: \_\_\_\_\_ Name: \_\_\_\_\_ Date: \_\_/\_\_/\_\_

## Photo Permission: Yes / No

### GENERAL RULES

- The spirit of friendly competition should apply throughout each of the races. Any non-sportsman-like conduct constitutes grounds for immediate disqualification of you or your team
- Competitors must obey all directions and instructions by officials
- If you withdraw from the race, please notify the timing team at the finish line
- It is the responsibility of each competitor to be familiar with the race course
- A race briefing will be held 10-15 minutes before the first race. **All competitors must be present for this briefing regardless of their race time.**

#### Swim

- No fins, paddles, snorkels, or floatation devices are to be used. Regular swimming goggles are permitted.
- The competitor may wear any swimwear they feel most comfortable in
- Competitors who warm up must be behind the start line at least two minutes before race start
- Any stroke is permitted during the swim leg
- The pool will be patrolled by qualified lifesavers

#### Cycle

- All competitors will be required to wear an AUSTRALIAN STANDARDS APPROVED HELMET throughout the bike course
- The helmet straps must be secured prior to moving the bike from the rack. At the completion of the cycle the bike must be racked prior to unfastening the helmet
- No drafting on the Cycle leg is permitted - 5 metres between bikes unless passing
- Competitors must obey the instructions of police, course marshals and other volunteers
- Music through some form of headphone is permitted whilst competing.

#### Run

- Runners are expected to follow the directions of all course marshals and race officials
- Music through some form of headphone is permitted whilst competing.

#### Transition Area

- Once the race starts, only competitors who are racing can enter the transition area. This will apply until the last cyclist of the race has returned his/her bike to the area - No exceptions!
- Make a mental note of your bike placement in the transition area so you can easily find your correct position. No flags, signs or tape can be used to identify a competitor's bike rack as it provides an unfair advantage over other competitors
- Relay change over for the Teams will take place at the Bike Racks
- Each competitor is ultimately responsible for his or her own gear

#### SAFETY & MEDICAL RECOMMENDATIONS

- Drink plenty of fluid before and during the event
- Ensure you have eaten something 1-2 hours before the event
- Bicycles must be in safe mechanical condition for the race and should be checked prior to the race

**Thank you for participating, please direct any questions to [crccounter@kulin.wa.gov.au](mailto:crccounter@kulin.wa.gov.au) or call 9880 1204.**