

DECLARATION

Please read and sign the following Declaration:

I acknowledge that Northbrook Waters is private property and any swimming outside scheduled practice times is strictly prohibited.

I acknowledge that I enter and participate at my own risk.

I acknowledge the organisers reserve the right to refuse my entry.

I acknowledge that the race entry fee is non-refundable and non-transferable.

I acknowledge that the organisers reserve the right to cancel the race due to any "Act of God" or other circumstances beyond the organisers' control, without any refund.

I acknowledge that I have read and understood the rules and course description and agree to abide by them.

I understand that there will be no road closures. I accept that I will share the road with the traffic and that I must obey the rules of the road and follow all directions given by course marshals and police.

I acknowledge that the organisers, sponsors and any other involved party will take no responsibility, financial or otherwise, arising out of negligence or otherwise, for any direct or indirect injury or death sustained by myself, as a result of any intended or actual participation in this event or related activities.

I agree to the use of my name and picture and any information provided by me on this entry form to be used without remuneration in any broadcast promotion advertising. The information I provide may be used by the event organisers for the purpose of promotion, future and other events by the sponsors and North Canterbury Triathlon.

I acknowledge I have read and understood the declaration and declare all information is true and correct.

Signature _____
(Individual or Team Swimmer)

Date: _____

Signature _____
(Team Cyclist)

Date: _____

Signature _____
(Team Runner)

Date: _____

Signature of parent or guardian is required for entrants under the age of 16 years.

Your entry is not valid until all team members have signed this form and returned with entry fee to the address below. TOTAL INCLUDED: \$

To: The Events Secretary, North Canterbury Triathlon, PO Box 766, Rangiora

Please make cheques payable to "North Canterbury Triathlon"

Confirmation of registration will be displayed on our website www.nctri.co.nz



NORTH CANTERBURY

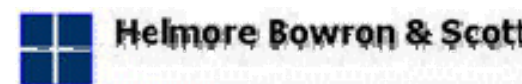
TRIATHLON

Short Course 100m SWIM, 15km BIKE, 3.5km RUN/WALK
Long Course 750m SWIM, 26km BIKE, 6km RUN

SUNDAY 7th MARCH

027 262 0249
027 226 5406

www.nctri.co.nz



NORTH CANTERBURY TRIATHLON

Sunday 7th March 2009

INDIVIDUAL AND TEAM ENTRY FORM



When: Sunday 7th March, 2009
Where: Northbrook Waters, Rangiora.

Keep up to date with our website www.nctri.co.nz

Major spot prizes.

The prizes will be drawn after the event - you must be present to claim your prize.

North Canterbury Triathlon Rules

Events - Male / Female

Triathlon Short Course Individual or Team: 100m swim, 15km bike, 3.5km run/walk

Triathlon Long Course Individual or Team: 750m swim, 26km bike, 6km run

Duathlon Short Course Individual or Team: 1km run/walk, 15km bike, 3.5km run/walk

Duathlon Long Course Individual or Team: 3km run, 26km bike, 6km run

Registration & Briefing

6:00 - 7.15am	Registration
7.30am	Briefing
8.00am	Long Course Commence
8.30am	Short Course Commence

Race Rules

1. Transition area is for competitors only.
2. Minimum age is 14.
3. Teams may be 2 or 3 people. Individual competitors may not enter as part of a team.
4. No refunds will be given.
5. No assistance from support crews during the event.
6. Flotation aids other than wetsuits are not permitted.
7. Bikes and cycle helmets must meet NZ safety standards.
8. All bikes to be racked prior to briefing.
9. Helmets must be worn and fastened before cycle is unracked and racked.
10. Bikes must be mounted and dismounted on bike course—not in transition area
11. All road rules & directions from marshals must be obeyed.
12. NORMAL ROAD CODE APPLIES. THERE ARE NO ROAD CLOSURES. TRAFFIC HAS RIGHT OF WAY.
13. Cyclists are to keep as far to the left side of the road as possible.
14. Marshals will disqualify cyclists who are drafting.
15. Runners are to remain on the right hand side of the road at all times under the instruction of a marshal.
16. Competitors must not wear / use head phones or any other device that would obstruct their hearing
17. It is the responsibility of the competitor to know the course.
18. Medical personnel have the right to remove any competitor.
19. The race director's decision will be final in any dispute.
20. Competitors must attend briefing.

Special Notices

- Limited entries
- Northbrook Waters is private property. Any swimming outside of these arrangements is prohibited.
- Practice times for swimming will be noted on the website.
- All equipment shall be the competitor's responsibility
- Competitors must listen carefully to instruction at the briefing, and note that the "Course Details" and "Race Rules" will be available for inspection.

PLEASE TICK THE BOXES TO INDICATE THE EVENT YOU WISH TO ENTER:

COURSE

Short Long

EVENT

Triathlon Duathlon

CATEGORY - PRIZES FOR THE MOST ORIGINAL COSTUMES

Corporate Team Team Individual

SECTION

Male Female Mixed Team

ENTRY FEES

- Individual \$40
- Late Entry \$50
- Team \$65
- Late Entry \$75

Entry Forms & Payments to be received by Wednesday 24th February 2009.

Late Entry fees will be charged to entries received after this date and will be accepted up until 6pm on Wednesday 3rd March 2009. Entries will not be accepted on the day.



www.nctri.co.nz

INDIVIDUAL OR TEAM MEMBER 1: Swim

First Name _____

Last Name _____

Address _____

Telephone _____

Email _____

Team Name _____

(If applicable) Company _____

Swim Time _____

Seconds / Minutes 100m 750m

Age: 14-19 20-29 30-39 40-49

50-59 60-69 70 +

TEAM MEMBER 2: Cycle

First Name _____

Last Name _____

Address _____

Telephone _____

Age: 14-19 20-29 30-39 40-49

50-59 60-69 70 +

TEAM MEMBER 3: Run

First Name _____

Last Name _____

Address _____

Telephone _____

Age: 14-19 20-29 30-39 40-49

50-59 60-69 70 +

TRIATHLON HATS/ CAP STYLE

QUANTITY

\$20 each. One size fits all. Black with streamline grey edges featuring Logo on front

Hats can be viewed on our website www.nctri.co.nz. Washable, adjustable draw string with toggle. Orders can be picked up at registration on race day.

TOTAL AMOUNT

PAYMENT

Cheque (Cheque to be made out to 'North Canterbury Triathlon')

OR Register online at www.nctri.co.nz

ENTRY FEE

TRIATHLON HAT

(Optional)

TOTAL PAYMENT