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RACE NUMBER

ROOKIE TRI ROOKIE DUATHLON PRO/AM TRI PRO/AM DUATHLON RELAY TEAM Y N

Please indicate which events you will be taking part in: 28/03 29/08 03/10 05/12

D.O.B AGE SEX TSA NO.

INDIVIDUAL NAME TEAM NAME

I.D. NO. CELL NO. EMAIL

CATEGORY: PRO/AM & DUATHLON U29 30-39 40+ ROOKIE (No age groups)

EMERGENCY CONTACT NAME & NO.

RACE INFORMATION

- HOW TO ENTER**
- Option 1: Online form and EFT www.bactive.biz EFT (Electronic Funds Transfer) payments must be paid by 17h00 on the Thursday before each event.
 - Option 2: Online form with Credit Card www.cyclelab.com
 - Option 3: Entry Form / Bank Deposit & Fax to 0865 122 182. Bank details: D Bradley, FNB, Savings Acc: 77109537705, Durban North.
- only entries with deposit slips will be accepted
 - Option 4: Manual Entry @ Troisport Triathlon shop - Durban
 - Option 5: Registration @ Troisport Triathlon shop, Durban - opp. Kensington Square next to Nando's (Friday before event 16h00 - 18h00)
 - Option 6: LATE ENTRIES - Race day @ Suncoast. No late entries after 06h30! A R40 Late entry penalty will be added for race day entries.

- ENTRY FEES**
- Sprint distance races (28 March, 29 August & 3 October)**
- | | |
|---------------|---|
| Pro/Am Events | Pre entry: fax or online EFT = R140
Pre entry: Cyclelab = R150
Late entry: R180 |
| Rookie Events | Pre entry: fax or online EFT = R80
Pre entry: Cyclelab = R90
Late entry: R120 |
| Relay Teams | Pre entry: fax or online EFT = R200
Pre entry: Cyclelab = R220
Late entry: R240 |

- Olympic distance races (5 December)**
- | | |
|---------------|---|
| Pro/Am Events | Pre entry: fax or online EFT = R240
Pre entry: Cyclelab = R250
Late entry: R280 |
| Rookie Events | Pre entry: fax or online EFT = R80
Pre entry: Cyclelab = R90
Late entry: R120 |
| Relay Teams | Pre entry: fax or online EFT = R250
Pre entry: Cyclelab = R260
Late entry: R290 |

Remember!
R10 per entry will be donated to a swimming development programme.

- 3. **REGISTRATION:** Late entries & registration @ Troisport Triathlon shop, Durban - opp. Kensington Square next to Nando's (Friday before event 16h00 - 18h00). Please bring proof of payment to registration.
- 4. Race briefing for ALL events @ 06h50 - Suncoast Amphitheatre.
- 5. **EVENTS: Sprint Races** -
 - Rookie Triathlon - start 07h00 - 200m Swim / 5km Cycle / 1.25km Run
 - Pro/Am Triathlon - start 07h30 - 600m Swim / 20km Cycle / 5km Run
 - Rookie Duathlon - start 07h00 - 1.25km Run / 5km Cycle / 700m Run
 - Pro/Am Duathlon - start 07h30 - 5km Run / 20km Cycle / 2.5km Run

Olympic Distances -

 - Rookie Triathlon - start 07h00 - 200m Swim / 5km Cycle / 1.25km Run
 - Pro/Am Triathlon - start 07h30 - 1.5km Swim / 40km Cycle / 10km Run
 - Rookie Duathlon - start 07h00 - 1.25km Run / 5km Cycle / 700m Run
 - Pro/Am Duathlon - start 07h30 - 10km Run / 40km Cycle / 5km Run
- 6. **PRIZES:** Prize money will be paid out to 1st place for age groupers in the Olympic Distance only. Prize money kindly sponsored by Hollard, Mutual and Federal, Etana and Santam.
- 7. There will be no prize money for Rookie events, prizes only.
- 8. Timing Chips will be provided by Elite Timing for All Pro/Am events. Rookie events will be manually timed.
- 9. Transition area opens at 05h30 and closes at 06h45.
- 10. Prize giving at approximately 11h00.
- 11. Non TSA (Triathlon SA) Members must pay R10 per Sprint & R15 per Olympic Distance Race Levy over and above the entry fee. The levy is to cover your on-day race insurance and public liability.
- 12. **CONTACT DETAILS:** B-Active Sports 031 564 4062 (8am - 4pm weekdays), www.bactive.biz



RULES AND REGULATIONS

- 1. All traffic rules must be obeyed.
- 2. Cyclists must ride in a predictable and responsible manner and obey all traffic officers and marshals.
- 3. The route will be shown on the map and cyclists must satisfy themselves that they understand exactly where to ride.
- 4. Entrants must complete the race along the route entirely under their own power.
- 5. No unauthorised vehicles of family and friend are allowed to accompany the cyclists along the route.
- 6. Minimum age for the Rookie event is 8yrs old (TSA Rules).
- 7. Minimum age for the Pro/Am Triathlon and Duathlon is 15yrs old (TSA Rules).
- 8. Entrants confirm that the state of their health, to the best of their knowledge, is good; that they are aware of the route & that they are physically able to complete the race.
- 9. Failure to comply with any of the rules may result in disqualification. The ruling of the organisers will be final in any dispute of whatever nature.
- 10. Hard shell helmets are compulsory.
- 11. TSA rules apply.
- 12. Sprint events will be draft legal & NO Tri Bars will be allowed. Olympic Distance events will be non-drafting & TSA approved Tri Bars will be allowed.

These events are sanctioned by KZNTA and Supported by the City of Durban



WAIVER RELEASE AND INDEMNITY

I hereby renounce any claims against the organisers, sponsors and officials. This relates to claims in the event of death, injury, theft and damage to property that may occur during the event, during the journey there and back, or during my stay insofar as connected with my participation in the event. The picture material produced on the day of the competition can be used for television transmissions, competition reports, advertisements, or other publicity purposes with the approval of the organisers. I also confirm that I am aware that refusal to sign this form of release from liability will make it impossible to compete in the Compendium Multisport Series.

SIGNED

DATE

Guardian's signature if under 18 years of age

NB. ALL details must be filled in for entry to be processed