



Indoor Triathlon

February 26, 2017

Spring Lake Community
Fitness and Aquatic Center

Part of the West Michigan
Indoor Triathlon Series



SPRING LAKE COMMUNITY
Fitness & Aquatic Center

16140 148th Avenue
Spring Lake, MI 49456



Race Information

The 2017 Spring Lake Indoor Triathlon will be held at the Spring Lake Community Fitness and Aquatic center located at 16140 148th Street in Spring Lake Michigan on February 26th.

Registration

The Race field is limited. Day of registrations will not be accepted. Call 616-847-5858 to register over the phone, entries and checks can be mailed to:

*SL Fitness and Aquatic Center
16140 148th Ave.
Spring Lake, MI 49456
Make checks out to SLPS.*

Online registration at:
www.signmeup.com/117865

Race Format

Athletes will be started in waves every 20 minutes with the first wave starting at 10:15am. Please check in with the race registrar prior to beginning your race preparations. Athletes will have 15 minutes on each leg of the race to accumulate as much yardage as possible with 5-minute transition periods between legs.

Scoring and Awards

Distances for each leg will be converted to yards and totaled with the highest total winning the overall. Award categories are:

- ~ Overall Male & Female.
- ~ Master Male & Female.
- ~ Top 3 finishers in each age group (14-60 and over).
- ~ Overall Teams
- ~ Recognition also to: Best individual swim/bike/run

Legal Waiver (Must Be Signed): I release the Spring Lake Public Schools and its Board of Education, together with its/their Board members (both individually and collectively), officers, directors, administrators, employees, agents and volunteers (collectively the "Release"), from any and all claims and liability for any loss, damage, illness or injury (up to and including death) which may occur to or be sustained by me during my presence at, participation in, or use of any program, activity, service, equipment, or facility associated with or comprising part of the Center; and I agree not to bring any legal action against any or all of the Releases with respect to any such claims, liability, loss, damage, illness or injury. I agree to indemnify and hold harmless any and all of the Releases from any claims, liability, loss, damage, illness, injury, legal costs and attorneys fees incurred by any of the Releases, arising from my activity and presence in, upon or about the Center. My photograph, likeness or facsimile may be used for any legal purpose by race organizers

I am aware of the inherent risk of participating, observing or using the facilities and activities of the Center, and I assume full responsibility for any and all of the risks.

I do not know of any physical or mental health conditions that would prevent me from, or could get worse by, my participation in or use of the facilities, equipment, programs, activities or services at the Center.

I have read this release, understand it, and freely sign it. I also agree that this release is binding upon my legal representatives or anyone who tries to claim through me.

Entrant's Signature _____ Date _____

Parent/legal Guardian (if under 18) _____

NO REFUNDS

NAME: _____ Age _____

GENDER: _____ T-SHIRT SIZE (S,M,L,XL): _____

ADDRESS: _____

STATE: _____ PHONE : _____

EMAIL ADDRESS: _____

REGISTRATION (MARK ONE)

Individual \$30 _____

Team \$75 _____