



# INDOOR TRIATHLON

February 16<sup>th</sup>  
7:00 am



- Participants will be grouped by gender and age.
- Four participants will compete in each event in each flight (draw for starting event)
- Participants will compete for 20 minutes in each event.
- Participants will have 5 minutes of transition time between events.
- Your total distance will be calculated and ranked.
- Swim laps in the pool, bicycle on spin bikes in the multipurpose room, and run on treadmills in the circuit room.
- YMCA staff will track your time and distance in each event.

Must register at the YMCA, or  
 online at [www.ymcaofscottsbluff.org](http://www.ymcaofscottsbluff.org)  
 by February 10th

Members \$25  
 Non-Members \$35  
 Includes T-shirt

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## 2019 Indoor Triathlon Registration Form

NAME \_\_\_\_\_ Male \_\_\_\_\_ Female \_\_\_\_\_

AGE \_\_\_\_\_ PHONE \_\_\_\_\_

Shirt Size (please circle) S M L XL XXL

**ALL PARTICIPANTS MUST READ AND SIGN. PLEASE READ CAREFULLY BEFORE SIGNING ACKNOWLEDGEMENT, WAIVER, AND RELEASE FROM LIABILITY.** I acknowledge that a triathlon is a major test of a person’s physical and mental limits and carries the potential of death, serious injury, and property loss. I HEREBY ASSUME THE RISKS OF PARTICIPATION IN THE “Indoor Triathlon”. I certify that I am physically fit, have sufficiently trained for this event, and have not been advised otherwise by a qualified medical person. My signature acknowledges that I hereby take the following action for myself, my executors, administrators, heirs, next of kin, successors, and assigns: (a) I agree to abide by the rules of the competition (b) I waive, release, and discharge from any and all claims or liabilities for death, personal injury, property damages of any kind which may arise out of or relate to my participation in or my traveling to and from this event, the following persons or entities: Scottsbluff Family YMCA or its branches and its employees, event sponsors, race directors, event producers, volunteers, all states, cities, counties or localities in which the event segments are held, and the officers, directors, employees, representatives, agents, and family members of any of the above, c) I agree not to sue any of the persons or entities mentioned above for any of the claims or liabilities that I have waived, released, or discharged herein; and (d) I indemnify and hold harmless the persons or entities mentioned above from any claims made or liabilities assessed against them as a result of my actions during this event. My signature also grants permission for my likeness to appear in promotional material.

**I HEREBY AFFIRM THAT I HAVE READ THIS DOCUMENT AND UNDERSTAND ITS CONTENTS. (All team members must sign)**

Sign Name: \_\_\_\_\_ Date: \_\_\_\_\_