

LOMPOC PARKS, RECREATION AND URBAN FORESTRY PRESENT

LOMPOC JR TRIATHLON

SATURDAY August 13, 2011



DISTANCE

10 and Under Individual & relays

SWIM: 50-Yards

BIKE: 1-Mile

RUN: 1/4 -Mile

11 to 14 Individual & Relays

SWIM: 100-Yards

BIKE: 2-Mile

RUN: 1/2 -Mile



CATEGORIES & AWARD

Top 3 overall: boys & girls

Individual: 6-Under,
7-8, 9-10, 11-12, 13-14
boys & girls

Relays: 10-under, 11-14,
boys, girls, co-ed

**Check – In 10am
First Race at 11am**

**FOR MORE INFORMATION AND TO REQUEST AN OFFICIAL ENTRY FORM
CONTACT JEFF STORIE 805-875-2703 OR EMAIL J_STORIE@CI.LOMPOC.CA.US
http://www.cityoflom poc.com/departments/parks_rec/**

Rules: No support crews or pace vehicles on the course (mom & dad, please stay out of the way). Helmets must be worn and fastened when riding. No walkmans at anytime during your participation. You must obey all instruction given by race, city and county officials. T-Shirts: all participants will receive a t-shirt, and more. Results: will be available on at the city of Lompoc web site. Registration: race cost individuals \$20.00, Relays \$40.00. Entries must be postmarked or in the race director's hand by noon Thursday, August 4th. Entries received or postmarked after August 4th will be \$5.00 more for individuals, and \$10 more for relays. We may not be able to accommodate you with the appropriate swim assignment. Packet Pick-up: Saturday August 13th, 10am at the Lompoc Aquatic Center Office. Packets include detailed information. Please arrive 50 minutes prior to your swim start for check-in and body marking.

Waiver: READ CAREFULLY BEFORE SIGNING

I hereby acknowledge that participation in the 2011 Lompoc Jr. Triathlon competition carries with it potential hazards. I am aware the vehicular traffic and pedestrians will be using the same roadways as I during the race. An accident could cause injury or death. In consideration of the acceptance of this entry, I the undersigned participant, intending to be legally bound, do hereby for myself, my heirs, executors, administrators or assign, waive, release, and forever discharge any and all rights and claims I may have against the City of Lompoc, and any and all sponsors, promoters, and/or their officers, agents, representatives, or assigns, of all liabilities, claims, actions, damages, costs or injuries that may be suffered by me before, during, or after the event. I understand that this waiver includes any claims based on negligence, action, or inaction of any of the above parties. I recognize the difficulties of this event and attest that I am sufficiently physically fit to compete safely in this triathlon and that I have not been advised other wise by a qualified medical person. In the even of the need of medical attention, I authorize the triathlon official to use their decision to have me transported to a medical facility and administer medical aid and take full responsibility for such action. I agree to allow my photo, video, film likeness and name to be used for promotion or legitimate purpose by this race, event producer and/or sponsors. I have read and understand the rules and regulations of the City of Lompoc Triathlon.

Name	Last										First										T-Shirts					
Address																					Y-S	A-S				
City																					Y-M	A-M				
Phone						State					Zip					Y-L	A-L									
Signature											Age on 8/13/11										M	F	A-X			
																					min		sec		email	

Name	Last										First										T-Shirts					
Address																					Y-S	A-S				
City																					Y-M	A-M				
Phone						State					Zip					Y-L	A-L									
Signature											Age on 8/13/11										M	F	A-X			
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Phone						State					Zip					Y-L	A-L									
Signature											Age on 8/13/11										M	F	A-X			
																					min		sec		email	

\$20 - Individuals		\$40 - Relay	
6-under	<input type="checkbox"/>	Co-ed – 6-under	<input type="checkbox"/>
7-8	<input type="checkbox"/>	Co-ed – 11-14	<input type="checkbox"/>
9-10	<input type="checkbox"/>	Boys – Under 6	<input type="checkbox"/>
11-12	<input type="checkbox"/>	Boys – 11-14	<input type="checkbox"/>
13-14	<input type="checkbox"/>	Girls – Under 6	<input type="checkbox"/>
		Girls – 11-14	<input type="checkbox"/>

Questions, call Jeff Storie 805-875-2703 or email j_storie@ci.lompoc.ca.us
Send check & entry to: Lompoc Triathlon 125 West Walnut, Lompoc, CA 93436
Make Checks Payable to "City of Lompoc"