



ENTRY FORM
ANNUAL BEERWAH SHS
SPRINT TRIATHLON
TUESDAY, 30TH MARCH, 2021

Name:		Date of Birth:	Age: (turning this year)
TEAM MEMBERS (for team nominations only)	SWIMMER: CYCLIST: RUNNER:		
Parent / Carer Name:		Parent / Carer Signature:	
<input type="checkbox"/> I have already returned my HPE high risk permission form (please tick). (Additional HPE high risk permission forms available from SC staff)			
Cost: \$10 All competitors (included in fees for AEP and PED students)			

Tick to Enter		Race Category	Distances
BOYS	GIRLS		
INDIVIDUAL EVENTS			
		12 years	200m swim (8 laps)
		13 years	6km cycle (3 loops)
		14 years	2.5km run(1 loop)
		15 years	300m swim (12 laps)
		16 years - PARTICIPATION	10km cycle (5 loops)
		17+ years - PARTICIPATION	2.5km run (1 loop)
		16 years - COMPETITIVE	400m swim (16 laps)
		17+ years - COMPETITIVE	12km cycle (6 loops)
			5km run (2 loops)
TEAM EVENTS			
		12-14 years MIXED TEAMS	200m swim (8 laps)
			6km cycle (3 loops)
			2.5km run(1 loop)
		Open Age MIXED TEAMS	400m swim (16 laps)
			12km cycle (6 loops)
			5km run (2 loops)

ADDITIONAL INFORMATION

- Students must have returned a HPE high risk permission form as well as this nomination form.
- Students are required to carry any medication they may require.
- Students are required to wear approved helmet, appropriate shoes, appropriate clothing (torso must be covered for run & ride) and sunscreen.
- Bikes will be checked for road worthiness (especially tyres and brakes). Students to supply their own bike. Availability of school bikes is extremely limited.
- Students are encouraged to bring own water bottle – water supplied will be limited.
- All AEP, PHE and PED students are required to compete in order to meet course requirements (unless prior negotiation with teacher has been made). All students welcome.
- TIME: Registration 8.00am - 8.30am, Racing at 9am

ENTRY FORM TO BE RETURNED TO SC STAFF NO LATER THAN **FRIDAY 19th MARCH**

