



GENERAL INFORMATION

When: Labor Day, Monday September 6th

Where: Check-in begins at 7 am, at the Lawrence Swimming Association, 74 Craven Lane, Lawrence Township.

Age Groups: 6-9, 10-12, 12-15

Entry: Entry fee is \$25. All entry forms **must be submitted to the Lawrence Township Recreation Dept. on or before August 23rd.** There will be no race day registration. Participation limited to the first 200 registered. Forms can be dropped off or mailed to **Lawrence Township Recreation Dept., 2207 Lawrence Road, Lawrence Township NJ 08648**

Course: Swim at the Lawrence Swimming Association, bike in Village Park, and run around Lawrence Elementary School.

6-9 yrs. - 50 meter swim, 2 mile bike .75 mile run (Check-in by 9:30am 10am Race Start)

10-12 yrs - 100 meter swim, 2 mile bike, 1.5 mile run (Check-in by 7:30am, 8am Race Start)

13-15 yrs. - 200 meter swim, 2 mile bike, 1.5 mile run (Check-in by 7:30am, 8am Race Start)

Safety: Children must be able to swim 50 meters. No flotation devices permitted. No training wheels, tricycles or scooters are allowed on the bike leg. All participants must wear a CPSC approved helmet while on the bike.

Timing: Total time will be kept with no splits.

Volunteers: *Your assistance is needed!* Please contact the Recreation Department @ 609-844-7067 to help. Course marshals, timers, refreshment servers as well as set-up/clean-up help is needed!

RED, WHITE & BANG KID'S TRIATHLON ENTRY FORM

Child's Name (Last) _____ (First) _____

Gender: M ___ F ___ Age (on 9/6/10) _____ Date of Birth ____/____/____

Address: _____

E-mail: _____ Phone: _____ Cell: _____

Age Group: ___ 6-9 Yrs. ___ 10-12 Yrs. ___ 12-15 Yrs.

Participant T-Shirt Size: (Youth): Small ___ Med. ___ Large ___ **(Adult)** Small ___ Med. ___ Large ___

I would like to order additional T-Shirts, \$10 per shirt

T-Shirt Size **(Youth):** Small ___ Med. ___ Large ___ **(Adult)** Small ___ Med. ___ Large ___ XLarge ___

Entry Fee: \$25.00 (Cash or checks made payable to the Lawrence Township Recreation Dept.)

Total amount included: \$ _____

RELEASE AND WAIVER CLAIM

Parents please read carefully before signing and dating the Release and Waiver Claim

In consideration of acceptance of this entry, I hereby waive any and all claims for myself and my heirs against sponsors of the 2010 Red, White & Bang Kids Triathlon, and each of their agents, volunteers, officers, and employees, for injury or illness which may directly or indirectly result from my child's participation, and I further agree to save & hold said parties harmless and agree to indemnify each of said persons against all liability for any loss, cost, injury, or damage to persons or property which may arise by virtue of the undersigned engaging in the Red, White & Bang Kids Triathlon. I further state that my child is in proper physical condition to participate in this event. The child of the undersigned has read the foregoing Release and Waiver of Claim and fully understands it.

Date _____ **Parent/Guardian Signature** _____

Please PRINT Parent/Guardian Last Name _____

Fill out form completely, read release, sign, date, and mail or drop off with payment to:

Lawrence Township Recreation Dept., 2207 Lawrence Road, Lawrence Township NJ 08648