WESTERN PROVINCE MODERN PENTATHLON ASSOCIATION

TRIATHLE

League Events 2017/2018

DATE: 1 November 2017 – 31 October 2018

Surname								
Name								
Date of Birth								
School								
Contact Details	E-mail					Cell		
Affiliation	WP		Boland		Eden		Other	

PLEASE TICK THE AGE GROUP YOU ARE COMPETING IN - the age you are turning in 2018

Athletes aged 8 and younger can compete in the under 9 category up to Provincial champs.

AGE GROUP	BORN	Shoot	Laps	Swim	Run	M	F
Under 9 8 and younger	2010 and later	3m (2 hands)	2	25m	200m		

AGE GROUP	BORN	Shoot	Laps	Swim	Run	M	F
Under 11 9 - 10	2008 - 2009	3m	2	25m	200m		
Under 13 11 - 12	2006 - 2007	5m	2	50m	400m		
Under 15 13 - 14	2004 - 2005	5m	4	25m	400m		
Under 17 15 - 16	2002 - 2003	10m	4	50m	600m		
Under 19 17 - 18	2000 - 2001	10m	4	50m	800m		
Juniors 19 - 21	1997 - 1999	10m	4	50m	800m		
Seniors 22 - 39	1979 - 1996	10m	4	50m	800m		
Masters 40+	1969 - 1978	10m	4	50m	600m		
Masters 50+	1959 - 1968	10m	4	50m	600m		
Masters 60+	1958 & before	5m	4	25m	400m		

Triathle Competition Rules

Athletes may not participate without signing the 2017/2018 seasons indemnity form.
No persons under the age of 18 years shall be allowed to enter the competition without parent or team managers consent and signed indemnity. The organizers shall have the right at any time to demand proof of age.

Numbers must be marked on the left arm and leg. Athletes must be careful on entering/ exiting both the transition area and swimming area. Athletes must run in a responsible manner & obey all traffic rules, traffic officers & marshals.

Male Athletes are to keep their Tri tops on throughout the whole competition.
Athletes are to ensure that their goggles, caps, running shoes or any other items are placed in their corresponding basket during the transition and they must ensure that items are removed from the basket straight after the event. Shoes are to be worn throughout the run and shoot portions of the event. No shoes may be worn in the pool/dam.

Any athlete not present for at least 30 minutes after his/her event shall forfeit all rights to any objections, regardless of the reason for such absence. No exceptions shall be made. Please be aware of the event starting time and be available 30 minutes prior for registration. Entrants must complete the course entirely on their own. It is the sole responsibility of the entrant to know the route and the organisers take no responsibility for athletes deviating from the route or any consequences of such action.

Events are in accordance with current UIPM rules Failure to comply with any of the rules and /or conditions may result in disqualification. No discussion or correspondence will be entered into and the organizers' rulings shall be final in any dispute of whatsoever nature. No parent or spectator etc. may be in areas demarcated for athletes at any time. Parents and spectators etc. should assist the organisers in making the event incident free. The organisers will tolerate no form of abuse and persons guilty of this will be asked to leave.

Triathle Format - The sequence of the competition is:
Pack Start up to 25m from the shooting station; Shooting - 5 green lights with laser: swimming and running required age group distances, (x2 or x4) to the finish Line
A shooting warm up must be provided before the start of each competition.

Indemnity

I understand and have read the rules and conditions and undertake to participate at my own risk. I agree that I shall have no claim whatsoever against the organising body, any individual organiser or official, marshal, assistant, helper or agent, the sponsors or any local authority or their employees, in respect of any loss or damage whatsoever which I, a dependent or third party may suffer arising from any injury to my person or loss or damage to property as a result of, or arise and regardless of whether or not the same shall have been caused by the negligence of the organising body and individual organizer or official, marshal, helper or agent, the sponsors or any local authority or their employees.

By signing this indemnity athletes/parent/legal guardian also give permission to have photos of them shown on our website and Facebook page. Athletes/parents/legal guardian also give permission that their contact email address may be sent to other athletes in emails that require group information.

_____ Name of Athlete

_____ Name of Parent/Legal Guardian

_____ Signature of Athlete

_____ Signature of Parent/Legal Guardian (Athletes under the age of 18)

Bank Details: Western Province Modern Pentathlon Association,
Bank: Standard Bank, Branch: Tyger Manor, Branch Code: 051001, Account No: 272361771,
EFT Reference: triathle: Surname
A hard copy of your entry forms must be handed in at your first event. It will be kept on file for the season