

# REGISTRATION FORM

Name \_\_\_\_\_

Date of birth \_\_\_\_\_

*Must be 10 years old to participate.*

Team name\* \_\_\_\_\_

Mark for team only: Swim \_\_\_ Bike \_\_\_ Run \_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_

State \_\_\_\_\_ Zip \_\_\_\_\_

Cell phone \_\_\_\_\_

Email \_\_\_\_\_

## T-SHIRT SIZE (Circle one)

*Must pre-register to be guaranteed a t-shirt*

Youth M L

Adult S M L XL

Event:

**YOUTH TRI** Female \_\_\_\_\_ Male \_\_\_\_\_

**MINI SPRINT** Female \_\_\_\_\_ Male \_\_\_\_\_

**SPRINT** Female \_\_\_\_\_ Male \_\_\_\_\_

Preferred start time \_\_\_\_\_

Make checks payable to BVU TRI

Amount enclosed \_\_\_\_\_

## ENTRY FEES

Youth Tri: \$18

Mini Sprint Tri: \$25

Sprint Tri: \$30

Team Sprint Tri: \$40

*Please sign Release of  
Liability on reverse.*

## QUESTIONS OR COMMENTS?

Matt Hanson

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# INDOOR TRIATHLON

**SUNDAY, FEB. 12**

**BUENA VISTA UNIVERSITY  
SIEBENS FIELDHOUSE**



**BUENA VISTA  
UNIVERSITY**

*Brown's* SHOE FIT CO.

2012  
**EXTREME  
WINTER  
FESTIVAL**

# INDOOR TRIATHLON

**SUNDAY, FEB. 12**

**BUENA VISTA UNIVERSITY  
SIEBENS FIELDHOUSE**

► **PACKET PICK-UP**

Fieldhouse will open at 7 a.m. on Feb. 12 and remain open throughout the race.

► **WAVES**

The first wave begins at 8 a.m. Additional waves and starting times will be posted online by Feb. 8 at [BVU.EDU/TRIATHLON](http://BVU.EDU/TRIATHLON).

► **PRE-RACE MEETING**

There will be a pre-race meeting on the pool deck 10 minutes prior to each wave to explain rules and address any questions.

► **AWARDS**

Awards will be given to the top three males and females in each event. Awards will be given to top male and female in each age group (Youth, 15-19, 20-29, 30-39, 40-49, 50-59, 60 and up). All awards will be mailed.

► **ENTRY FEES**

Youth Tri: \$18  
Mini Sprint Tri: \$25  
Sprint Tri: \$30  
Team Sprint Tri: \$40

*Pre-registration is preferred but walk-ins are welcome.  
Registration will be \$5 more for each event at the door.*

**EVENT LENGTHS**

Placements and awards are determined by the distances achieved by the athlete during each time frame.

EVENT	YOUTH TIME	MINI SPRINT TIME	SPRINT TIME
<b>SWIM</b>	5 min.	10 min.	15 min.
<b>TRANSITION 1</b>	7 min.	7 min.	7 min.
<b>BIKE</b>	15 min.	20 min.	30 min.
<b>TRANSITION 2</b>	4 min.	4 min.	4 min.
<b>RUN</b>	10 min.	15 min.	20 min.

▲▲ Refreshments will be provided after the event. ▲▲

**TEAMS**

Up to three people may be on a team. For example: One person to swim, one person to bike and one person to run. Or, one person to swim and bike, one person to run. (Or any combination.)

Each team member must complete an individual registration form and indicate the following information:

- Team name
- Event(s) they will participate in for team

Team registrations must be stapled and turned in together with fee.

*Must be at least 10 years old to participate.*

**RELEASE OF LIABILITY**

The undersigned expressly accepts responsibility for participation in the triathlon. The undersigned acknowledges that the triathlon is voluntary and that they are voluntarily participating. It is further acknowledged that said participation is not on behalf of BVU's HiPSO, Storm Lake United, and the employees, agents and representatives, sponsors, race officials, and/or volunteers. The undersigned releases all liabilities including all claims, demands, and cause or causes of action of every nature affecting the undersigned which may have or ever claim to have in connection with the indoor triathlon known as Extreme Winter Festival. The undersigned agrees that the above mentioned parties will be held harmless in the event of an accident or incident causing damage or loss of property or injury to the undersigned.

I have read the foregoing release and understand its terms and freely and voluntarily sign the same.

MINIMUM AGE TO PARTICIPATE IS 10

Children under 14 must be accompanied by a responsible caregiver during the event.

If I am under the age of 18, a minor, my parent or guardian has read and freely signs the same.

\_\_\_\_\_  
Date

\_\_\_\_\_  
Signature of Participant

\_\_\_\_\_  
Signature of Parent or Guardian if under 18

Return registration to:  
Matt Hanson, Box 2963  
Extreme Winter Festival Triathlon  
Buena Vista University  
610 W. 4th St • Storm Lake, IA 50588