

600 yd swim

10 mi bike

5k run

Held at FKCC Pool

FKCC Sprint Triathlon
Sat. Sept. 19, 2009
Sprint Biathlon

Triathlon: \$30 individual,
\$80 relay

Biathlon: \$20 individual

EXTRA \$10 if entered
On race day.
PAYABLE to FKCC

Times: 7:30am Start 6:30-7:15 Check IN

AWARDS:

Overall: Male, Female, Masters Male(Over 40), Masters Female(Over 40)

Top 3 in each Age category:

14&U, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70 & O

Athena (Women 160+lbs), **Clydesdale** (Men 200+lbs)

Relays: Male, Female Mixed and Junior

Biathlon: Top 3 Male or Female in each category

Rules

- *All athletes are REQUIRED to wear a bike helmet during the bike portion
- *NO DRAFTING
- *NO riding bikes in the staging area
- *Violation of rules may subject athletes to disqualification
- *Meet director has final authority.

NAME: _____

GENDER M _____ F _____

ADDRESS: _____
Street City ST Zip

PHONE: _____ AGE: _____ BIRTHDATE _____

EMAIL ADDRESS: _____ T-SHIRT SIZE S M L XL

CATEGORY: TRIATHLON: ATHENA CLYDESDALE BIATHLON: SWIM/RUN BIKE/RUN SWIM/ BIKE

I hereby release FKCC, MWR, County of Monroe and the City of Key West organization, commercial sponsors and officials from all claims of injury or damage resulting from my participation in this activity. I hereby declare that I am in proper physical condition to participate in the activity I have selected to enter. I understand and agree that any FKCC organization may subsequently use for publicity and promotional purposes my name and /or picture of me participating in this event without any obligation or liability to me. I further understand and agree that my entry fee is non-refundable.

Signature of entrant

Signature of Parent/Guardian (if under 18)

Date

*Mail entry forms to: **Florida Keys Community College**, attn: Lori Bosco, 5901 College Road, Key West, FL 33040