



Tri An Mhi Aquathon

Event: 750m swim + 5km run

Date: Sunday July 5th 2009

Registration: 8.30 am

Race Start: 10.00 am

Entrants must be over 18

Entry fee: Triathlon Ireland members €10, Non-members €20
Cheques and PO's made payable to **Tri an Mhi**

Closing date for entries 21st June

Postal address for entries

Race Director
11 Carraigdun
Kells
Co. Meath

Email: trianmhi@gmail.com
Website: www.trianmhi.com
Phone: 086 8199726

Entry Details

First name: _____

Surname: _____

Postal address: _____

Email address: _____

Telephone: _____

Gender: Male__ Female__

Date of birth: _____

TI number: _____

Estimated swim time: _____

T-shirt size: M L XL (circle)

Disclaimer:

“I agree and acknowledge that participation in or observation of sport could constitute a risk of serious injury to me, including permanent paralysis or death. I voluntarily and knowingly recognize, accept and assume this risk and warrants to Triathlon Ireland and its Associates that I am physically fit and able to compete in this event without risking serious injury, including permanent paralysis or death. Furthermore, I hereby release the Event Organizers, Triathlon Ireland, their Associates, their Sponsors, Event Sponsors, and Officials from any liability arising from my participation in this event. I agree that neither Triathlon Ireland nor its Associates shall be, nor be deemed to be, responsible or liable (whether in contract or in tort or under any statute whatsoever), for any injury, illness or other mishap to myself or my property, sustained in, or arising from or out of, or in any way directly or indirectly connected with this event.”

Signed: _____

Name (in capitals): _____

Dated: _____

Swim Proficiency Declaration

I confirm that:

I have completed a continuous swim of at least four lengths of the pool within 30 days of the event,

I understand safety and rescue procedures and my own limitations,

I am aware that a mass start carries intrinsic difficulties, which can be frightening and present risks, which could include pushing and kicking.

Signed: _____

Name (in capitals): _____

Dated: _____