

# MARSHALL REC

## INDOOR TRIATHLON

Saturday, March 2, 2019

### Fees:

\$20 per person in advance

\$40 day of race

\$50 for 2 or 3 person  
corporate teams

Cash or Check ONLY

Make Checks Payable to:  
MU CAMPUS REC CLUB

Fee is non-refundable.  
Allow 3-4 days for delivery.

**Register online at**  
**[www.TriStateRacer.com](http://www.TriStateRacer.com)**

or **Submit entry form & fee to:**  
Marshall Recreation Center  
Attn: Kayla Dodd  
402 Thundering Herd Drive  
Huntington, WV 25755

**Or fax to: 304.696.4109**  
[www.marshall.edu/campusrec](http://www.marshall.edu/campusrec)

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### Registration Form

Name: \_\_\_\_\_ Phone: \_\_\_\_\_

Street address: \_\_\_\_\_

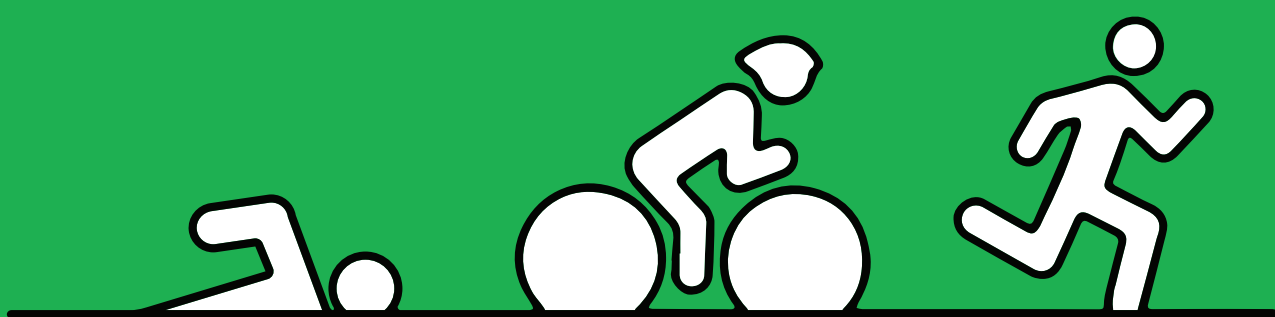
City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

E-mail: \_\_\_\_\_

Circle shirt size: S M L XL XXL Kids sizes: S M or Adult S

Gender: M F Age day of race: \_\_\_\_\_ Expected swim time: \_\_\_\_\_

Team name (if registering a team): \_\_\_\_\_



# swim

# bike

# run

## Adults:

300 yards:  
12 pool-lengths

8 miles on  
spinning bike

2 miles on  
treadmill

## Kids:

150 yards:  
6 pool-lengths

4 miles on  
spinning bike

1 mile  
7 laps on track

### Age Divisions:

16-19, 20-29, 30-39, 40-49, 50-59, and 60+

### Kids Age Divisions:

10 & Under and 11-15

### Rules & Guidelines:

An estimated swim time is required for scheduling. You will be placed in a heat in accordance to your estimated swim time. Heat sheets will be posted the morning of the race. You must race your in assigned heat. Children will race in heats. Flotation devices (kickboards, life vests, buoys) are allowed. Fins and paddles are prohibited.

There will be 5 minutes for transition. Everyone must change clothes after the swim portion of the race. No exceptions.

Times will be based on the cumulative time for the three disciplines.

Children must be 4 feet and 2 inches tall in order to use the bike. They will be marked after each lap on the track.

All children must know how to swim. ONE parent is allowed to accompany their child for the 10 & under year old division, but may not assist in any way. NO parents are allowed to accompany their child in the 11-15 year old race.

There will be no packet pick-up the evening before the race. Participants must sign consent forms at packet pick-up the morning of the race beginning at 7am.

### Awards:

Top Overall Male & Female  
First Place Male and Female  
in each age division  
Corporate Cup for top team

### T-Shirts:

The first 100 pre-registered will receive a t-shirt. To be guaranteed a t-shirt in your desired size, entry forms must be received by February 20th.