

# Murray Youth & Family



# TRI

**Monday, Sept. 5, 2016 @ 7:45 am**  
**Murray Park**

**Distances:**

5-6 Year olds; swim 25 yd., bike .6 mile, run .25 mile  
7-8 Year Olds; Swim 50 yd., bike 1.2 miles, run .5 mile  
9-10 Year Olds: Swim 100 yd. bike 2.65 miles, run .7 mile  
11+Year olds: Swim 150 yd., bike 5.3 miles, run 1.2 miles  
*Location: Race transition area in front of the Park Center*

**Age Groups:**

\*\* (note: 15 year olds who are experienced and want to race the harder F1 can do so – their choice at that age)

**Age Divisions:**

F1 Open Female 15 + and up

F1 Open Male 15+ and up

\*\* (note: 15 year olds who are experienced and want to race the harder F1 can do so – their choice at that age)

5-6, 7-8, 9-10, 11-12, 13-15, 16-19, 20-29, 30-39, 40-49  
50-59, 60-69, 70+

Awards given for 1, 2, 3, places

*Age is determined by age you are on the day of race!*

**New F1 format**

for 15 years of age and up.

Open Race

Swim, Bike, Run

the Long Course Twice!

**Free Family Prep Clinic Wed.,  
August 31 @ 6:30 pm in Murray  
Park (Park Center)**

**Cost:** \$30 for 10 years of age and younger  
\$35 for 11+ years of age and older  
**Time:** 7:45 am  
**Place:** Murray Park at the Park Center (Rec. Center)  
**Register:** Murray Parks and Recreation Office  
The Park Center  
Online at [www.mcreg.com](http://www.mcreg.com)  
**Deadline:** Monday, August 29, 2016 Online Registration  
In person registration Aug. 30-Sept. 2 with

Register online at [www.mcreg.com](http://www.mcreg.com) by Aug. 29

For more info [www.murray.utah.gov](http://www.murray.utah.gov); for training info, go to [www.greatbasincoaching.com](http://www.greatbasincoaching.com)

## Murray Family Triathlon

Name\_\_\_\_\_

Address\_\_\_\_\_

City/Zip\_\_\_\_\_

Phone\_\_\_\_\_ Cell Phone\_\_\_\_\_

Email\_\_\_\_\_

Gender\_\_\_\_\_ Age\_\_\_\_\_

### Please Circle your Division

F1 Woman\_ \_\_\_\_\_ F1Men \_\_\_\_\_

5-6\_\_\_ 7-8\_\_\_ 9-10\_\_\_ 11-12\_\_\_ 13-15\_\_\_ 16-19\_\_\_ 20-29\_\_\_ 30-39\_\_\_ 40-49\_\_\_  
50-59\_\_\_ 60-69\_\_\_ 70-79\_\_\_ 80+\_\_\_

### T-shirt Size: Please Circle

YS YM YL AS AM AL AXL AXXL AXXXL AXXXXL

### Release and waiver (Please Read)

I know that running is a potentially hazardous activity. I should not enter and run unless I am medically able and properly trained. I also know that, although police protection might be provided, there could be traffic on the course route; therefore I assume the risk of running in traffic. I also assume any other risks associated with running this event including, but not limited to, falls, contact with other participants, and the effects of weather and conditions of the road. I understand I am solely responsible for my own safety while traveling to and from or participating in this event.

Knowing these facts and in consideration of your acceptance of my entry, I hereby for myself, my heirs, executors, administrators, or anyone else who might sue on my behalf covenant not to sue, and waive, release, and discharge the sponsors or contributors to this event, any race officials, volunteers, the city and police agencies, their representatives, successors, or assignees from any and all claims of liability for death, personal injury, or property damage of any kind or nature whatsoever arising out of, in the course of my participation.

This release form and waiver extends to all claims of every kind or nature whatsoever, foreseen and unforeseen, known and unknown. The undersigned further grants full permission to use any photographs, videotapes, motion pictures, recordings, or an other record of the event for an purpose. Minors will be accepted with a parent's signature.

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Date