

SWTJC Fitness Challenge

Triathlon – Duathlon – Kids Triathlon – Timed Swims (1500, 1000, 500)

Saturday & Sunday May 22 & 23, 2010

Southwest Texas Junior College – Uvalde, Texas

www.swtjc.net or 1-800-5UVALDE

Register online at www.signmeup.com

Chip Timing: www.lapweb.com

SATURDAY May 22, 2010			SUNDAY May 23, 2010		
<ul style="list-style-type: none"> ▪ 7:30 a.m. Triathlon 200 ydsw-12m bike-2m run-200 ydsw ▪ 9:30 a.m. Kids Triathlon (7-10) 100ydsw-5k bike-1k run (11-14) 200ydsw-10k bike-2k run) ▪ 5:00 p.m. Timed Swims (1500, 1000, 500 yards) 			<ul style="list-style-type: none"> ▪ 7:30 a.m. Duathlon (5krun-35kbike-5krun) <p>All participants must have an annual USAT membership or a single day permit. If you do not have your annual USAT card, you will be required to purchase a one day \$10.00 pass - cash or check only T-shirts to all participants – sizes not guaranteed!</p>		
Entry Fee			Race Information		
Postmarked by: May 14, 2010			Location: Southwest Texas Junior College, Uvalde TX 2401 Garner Field Road, Uvalde, TX 78801		
Event:	Early	Late	Race Director: Rob Fowler Web Page: www.swtjc.net		
Individual Triathlon	\$45	\$60	NO REFUNDS		
Individual Duathlon	\$45	\$60	NO race day registration for Triathlon – Packet Pickup on race morning available for \$10 fee.		
Triathlon Relay	\$55	\$70	Additional race information: 1-800-5UVALDE		
Duathlon Relay	\$55	\$70	Mail Entries: Attn: Rob Fowler -		
Kids Triathlon	\$35	\$45	2401 Garner Field Road, Uvalde, TX 78801		
Timed Swim	\$15	\$20			
Made Payable to: SWTJC					
Awards/Division			Packet Pickup		
Tri-Du: Individual age group awards: 5 year age divisions – Male & Female – 3 deep.			Southwest Texas Junior College swimming pool – 2401 Garner Field Road, Uvalde, TX 78801.		
Kid Tri: (7-8) (9-10) (11-12) (13-14) M/F – 3 deep.			<ul style="list-style-type: none"> • Friday – May 21, 2010: 4 p.m. – 8 p.m. • Saturday – May 22, 2010: 5 p.m.-8 p.m. 		
Timed swim - overall male/female.			Race Morning \$10.00 processing fee: 5:45-6:45 a.m.		
T-shirts to participants					

Name: _____

Address: _____
City State Zip Code

Phone: _____ Email: _____

Sex: Male or Female DOB: ____/____/____ Age: _____

T-shirt: Yth Small Yth Medium Yth Large Small Medium Large X-Large

USAT#: _____ Estimated 200 yard swim time: _____

Release of Liability agreement: I understand that there are no refunds, transfers or credits. I waive all charges against SWTJC staff, Southwest Texas Junior College, and any person/venues, volunteers or anyone affiliated with the SWTJC Triathlon-Duathlon-Kids Triathlon-Timed Swims. USAT waiver will be signed at packet pickup. All entrants/competitors will be required to sign USAT waiver and pick up their packet. No one will be permitted to collect another entrant's packet.

Signature: _____
 For those under 18, parents signature is required.