

MDHS EXERCISE EXPO

FOOD | FITNESS | FUN

13TH OF MARCH 2018 | 6:00PM - 8:00PM
PRINCES PARK & OUTDOOR POOL MARYBOROUGH
BBQ - GOLD COIN DONATION

5:15PM-5:45PM REGISTRATIONS OPEN
6:00PM BOOTCAMP
6:00PM MDHS MODIFIED DUATHLON
(100 METRE SWIM & 3KM RUN) OR
6:30PM MDHS FUN RUN (3KM WALK OR RUN)
7:00PM SPIN CLASS

CLUB CHALLENGE:
GATHER YOUR TEAM MATES
AS THE FIRST 5 CLUB MATES
ACROSS THE LINE WIN THE
CLUB CHALLENGE AND WILL
RECEIVE A \$250.00
DONATION TO THEIR CLUB.

REGISTER TODAY

REGISTRATION CAN BE SUBMITTED PRIOR TO THE EVENT:
ATTENTION TO MDHS BELINDA HOGG - HEALTH PROMOTION

Please tick the category you wish to enter – athletes may only enter in one category

- Open Male
- Open Female
- Male Team Challenge – 5 Participants
- Female Team Challenge – 5 Participants
- 3km Fun Run/Walk

CONTACT DETAILS

SURNAME: _____ GENDER: Male / Female

FIRST NAME: _____

ADDRESS: _____

SUBURB / TOWN: _____ POSTCODE: _____

AGE: _____ D.O.B: __/__/__ TELEPHONE No.: _____

ADDITIONAL INFORMATION (Team Entries Only)

TEAM MEMBER #1 SURNAME: _____ INITIALS: _____

TEAM MEMBER #2 SURNAME: _____ INITIALS: _____

TEAM MEMBER #3 SURNAME: _____ INITIALS: _____

TEAM MEMBER #4 SURNAME: _____ INITIALS: _____

TEAM MEMBER #5 SURNAME: _____ INITIALS: _____

ENTRIES CAN BE EITHER:

Dropped into MDHS Reception,
75-87 Clarendon St, Maryborough
3465
Attn: Belinda Hogg

OR

Submitted at the event:
Registration is between 5:15 – 5:45pm at
the front of the Maryborough Olympic
Swimming Pool.



2018 INSPIRING HEALTH WEEK – EXERCISE EXPO

Duathlon Entry Form

Tuesday 13th March 2018 - Maryborough Olympic Swimming Pool



DECLARATION (MUST BE SIGNED BY ALL COMPETITORS)

I, _____ of _____

Being a competitor in the 2018 Exercise Expo Duathlon being conducted in MARYBOROUGH on Tuesday 13th March 2018.

Hereby forever releases, discharges, indemnifies and holds harmless the Maryborough & District Triathlon Club Inc., its servants, agents and employees:

- (a) From all legal liability whatsoever arising from the participation in the event and/or any other persons associated with the event and all activities in connection therewith, due to any cause other than the act, default or negligence of the Club, its servants, agents and employees.
- (b) From any and all loss, damage, expense, claims demands, actions and causes whatsoever which might be made or instituted or suffered or incurred or sustained by any person or body for injury, loss or damage arising in any matter for the said participation in the event.
- (c) For all loss or damage to any property, buildings, equipment or materials of the Club and/or any other persons on or outside the location caused by the participant and/or any persons associated with the event due to the said participation.
- (d) From any and all loss, damage, injury or illness, including death, sustained or incurred by the participant and/or any persons associated with the event arising in any manner from the said participation.

I also acknowledge and agree that to the extent permitted by law, Maryborough District Health Service., state instrumentalities and subcontractors of these entitles shall not, in any circumstances be liable whether in contract, tort (including negligence) or otherwise, to me my heirs, executors and administrators, in respect to any loss damage or personal injury suffering directly or indirectly out of any act or omission of the above parties.

I recognise the difficulties of it and attest that I am physically fit to compete safely in this event, and that I have not been advised otherwise by a qualified medical person. I hereby acknowledge that I have sole responsibility for my personal possessions and athletic equipment during the "event" and I consent to receive medical treatment that may be deemed advisable in the event of injury, accident and/or illness during the "event". I hereby consent to the publication and/or the use in any form or media whatsoever of my name, image, statements or otherwise in any context pertaining to the "event" whether for advising, promotion or otherwise.

Individual Competitor Signature: _____ **Date:** ____/____/____

Signature of parent/guardian if under 16: _____ **Date:** ____/____/____

Team Challenge Competitor Signature: _____ **Date:** ____/____/____

Team Challenge Competitor Signature: _____ **Date:** ____/____/____

Team Challenge Competitor Signature: _____ **Date:** ____/____/____

Team Challenge Competitor Signature: _____ **Date:** ____/____/____

Team Challenge Competitor Signature: _____ **Date:** ____/____/____

RULES & REGULATIONS

SWIM

1. NO Fins, Paddles, Snorkels, or Floatation Devices.
2. NO individual paddlers or escorts.
3. WETSUITS MAY BE WORN. You are responsible for removal. No seconds allowed.
4. ALL competitors are required to wear Swimming Cap.

RUN/WALK

1. NO form of locomotion other than running or walking is allowed.
2. NO individual support vehicles or escort runners are allowed.
3. Runners are expected to follow the directions of ALL course marshals or Race Officials.
4. Runners must also run on the left hand side of the road (for safety purposes).

RULES APPLYING TO ALL SEGMENTS OF THE RACE

1. Course marshals shall have authority to disqualify any competitors.
2. Medical staff shall have ultimate and final authority to remove a competitor from the race if the competitor is judged to be physically incapable of continuing the race without risk of serious injury.
3. Good sportsmanlike conduct will be demanded of ALL competitors.
4. If you withdraw from the race please notify a Race Marshal or Race Official.
5. Torso must be covered during run legs.

SAFETY ADVICE

1. A thorough medical examination is recommended prior to competing if you are not an experienced, swimmer, runner or cyclist.
2. Drink plenty of fluid before and during the event.
3. Use caution at the start of the swim if you are not an experienced swimmer.
4. Obey all instructions given on this Entry Form.