

Entry Form

Online registration at www.excelerationtriclub.com
 until the Thursday before the race. Package pickup
 registration available for an additional \$10.00
Drop Entry Off at Templeton Pool.

Athlete Name					
Parent / Guardians names					
Athlete Age	Birthdate (D,M,Y)		Age on Dec. 31		
TriBC # (if applicable)					
Address	House / Apt #	City	Postal Code		
Phone Numbers	Day		Evening		
E-mail address (print clearly!)					
Emergency Contact (name, ph. #)					
BC Medical, Care Card #					
Medical information (allergies, injuries, other conditions)					
T-shirt sizes (circle)	Toddler	2T	3T		
	Youth	S	M	L	XL
	Adult	S	M	L	XL
	<i>Only guaranteed for entries received by June 2</i>				
Race information	Race Division (e.g. Excel, Energy...)				

Volunteers

*If you can volunteer, please, fill out the following information.

Name and Contact information

Contact information (phone and e-mail)

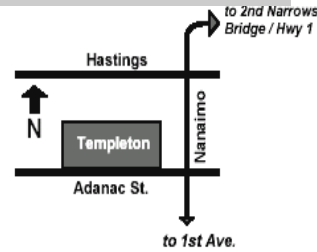
Availability

*Friday PM and/or Saturday AM

Race Location

Templeton Park and Pool
 700 Templeton Drive
 604-718-6252

Templeton is located in East Vancouver, two blocks west of Nanaimo St. on Adanac St. Take 1st Ave. exit off Hwy #1.



Race Rules and Reminders



ALL athletes, parents, spectators, coaches, and volunteers are expected to demonstrate respect and sportsmanship behaviour. Please, use only positive, supportive communication. Any person using vulgar language will be asked to leave the race site.

No parents are allowed in the Transition area at ANY time except for one buddy per athlete in the Toddler, Excite, and Excel divisions. Volunteers are available to assist athletes, if needed.

Exceleration emphasizes FINISHING as WINNING! When you finish, cheer the next person to the line!

Respect, challenge, inclusion, community... and fun! Help us make every athlete's race experience a memorable one.

Safety Reminders

For your safety and enjoyment, it is recommended that ALL athletes....

- **Show respect to everyone**—cheer on your fellow competitors and thank the volunteers along the way.
- **Be familiar with road rules** and proficient at **basic bike skills** (e.g. signaling, stopping, cornering, riding in a straight line, riding with other people and passing)
- **Know the course.** Come to the course tours, learn the obstacles and challenges.
- **Bring weather-appropriate clothing** for cold, wet, or hot and sunny weather.
- **Invest in a full bike and helmet tune-up** before race day. *Note, helmets must be safe and certified.
- **Be flexible.** Triathlon is full of surprises! Be ready for anything.



Sunday June 21 2020

Exceleration's Tri It Triathlon

Fun for the whole family!
Events for toddlers to teens



www.excelerationtriclub.ca



Family focused Community driven
 All finishers receive a medal, food, t-shirt, and draw prize.



Race Features



Community event, spectator friendly, FAMILY EVENT after the race.

Toddler Tri for parent-guardians and tots of all ages! All types of bikes are welcome.

YOUTH TRI A TRI for athletes 14+ years who just want to "try a tri".

Learn to Tri" clinic on Saturday to learn the basics of transitions and the course.



The Course

Swim... in a 25m indoor pool. Toddlers splash 10m in a shallow teach pool.

Bike... a 1.2km loop around the Temp neighbourhood. Flat except for several bike-friendly speed bumps on Adanac. Toddler tri bike 400m on the sidewalk.

Run... a pancake flat route around the school and along part of the Trans Canada Trail. Toddler Tri and Excel run shorter routes within track area.

Finish TRIumphantly on the track, claim your gold medal and a prize. Turn around and cheer the next person to the line!

Contact Information

Website www.excelerationtriclub.ca
E-mail info2@excelerationtriclub.ca
Phone Kristine Chambers 604-377-2141

Thank You!

To Templeton Park Pool for providing a venue for the Tri It Tri & Exceleation for over 15 years!

To all our sponsors.... See your commemorative race booklet for a list of sponsors and SUPPORT THESE ORGANIZATIONS! Our race would not be possible without them!

Race Divisions *Ages as of Dec 31

Division	Swim	Bike	Run
Excel 4-5 yrs on Dec. 31	25m (1 length)	1.2km (1 lap of school)	500m (1/2 loop)
Excite 6-7 yrs on Dec. 31	50m (2 lengths)	1.2km (1 lap of school)	500m (1/2 loop)
Energy 8-9 yrs on Dec. 31	100m (4 lengths)	3.6km (3 laps)	1km (1 loop)
Eclipse 10-11 yrs on Dec. 31	150m (6 lengths)	4.8km (4 laps)	1km (1 loop)
Enigma 12-13 yrs on Dec. 31	250m (10 lengths)	6.0km (5 laps)	2 km (2 loops)
Extreme* 14-19 yrs on Dec. 31	400m (16 lengths)	7.2km (6 laps)	3km (3 loops)
Relay 4-19 years	1 = swimmer 1 = cyclist 1 = runner Choose your Event (2-3 athletes)*		
Less Extreme Youth 14-19 yrs	250m (10 lengths)	6.0km (5 laps)	2km (2 loops)
Excellence (Para Triathletes)	PARATRIATHLON EVENT *Distances flexible based on age and ability.		
Toddler Tri** 0-4 yrs with parent-guardian	10m in teach pool (2 lengths)	400m (1/2 lap of Excel run)	100m (run around pool building)

**All Toddler Tri athletes MUST be accompanied by a parent-guardian. No road riding. Tricycles, training wheels, run-bikes & strollers welcome!

Schedule

Saturday Templeton Pool (Activity Room)

2 pm Learn to Tri clinic. Cover the basics for Sunday!
1-4 pm Package pick-up, registration, course tours

Sunday Templeton Park / Pool

8:00am Extreme Start
8:15am Enigma & Less Extreme
8:45am Eclipse race start
9:30am Energy race start
10:00am Excite race start
10:30am Excel race starts
11:15am Toddler Tri starts
12:00pm Grand Draw Prizes
Noon—2pm Family Fun Day (free pool swim + other activities)



Bikes in transition 45 min. before heat start time. Athletes will be placed in heats. Each heat will start 15mins apart. Meet on pool deck 15 min. BEFORE race start time.

Acknowledgement of Risk

I, the applicant, on behalf of myself, members of my family, my heirs, executors, administrators and assigns, hereby forever release, discharge and hold harmless Triathlon BC (Triathlon BC) representatives and agents for any injury, loss or damage to my person or property howsoever caused, arising out of or in connection with my taking part in Triathlon BC organized events and activities and notwithstanding that the same may have been contributed to or occasioned by the negligence of the Triathlon BC representatives or agents. I acknowledge that I am responsible for the roadworthiness and correct operation of my bicycle. I realize that I may be subject to unannounced drug testing as provided for by Triathlon Canada's agreement with the Canadian Centre for Ethics in Sport. The responsibility for sport safety must be shared by all. I, the undersigned, am aware that there is a certain risk of injury involved in my own or my child's participation in sport, either while traveling to or from the event; or while attending or participating in the programs or activities of the events which are sanctioned / approved by Triathlon BC, its Divisions, its Member Clubs or recognized organizing societies. It is understood by me that signing of this document is intended that on behalf of myself and/or my child, I assume the shared responsibility and acknowledge the risk of injury by so participating.

In witness thereof, I have hereunder set my hand this day

_____ of _____.

Athlete's Printed Name (19 yrs+) _____ Signature _____

Parent / Guardian's Printed Name _____ Signature _____
(if athlete under 19 yrs)

Race Fees *\$5 discount before June 1

Race fees include:

- race T-shirt *if ordered by June 7
- finisher's medal
- snacks
- prizes *for all athletes

Individual Athletes \$40*
Siblings & Relay Athletes (team) \$60*
Toddler Tri \$25*

Payable by cheque to Exceleation Junior Triathlon Club.

Payable by credit card using on-line registration at www.excelerationtriclub.com

\$10 fee for entries received at Package Pick-Up

Mail entries to:
Exceleation Tri-It-Triathlon
c/o Templeton Pool, 700 Templeton Drive
Vancouver BC V5L 4X9

Register online at
www.excelerationtriclub.com

