

3rd Annual
**Seneca
 Triathlon**
 Swim-300 yards
 Bike- 12k
 Run- 5k
 August 6, 2011
 Hosted by the
 Seneca Janes

TEAM TRIATHLON

Prizes will be awarded for the following groups:

- ~Men's team
- ~Women's team
- ~Co-ed team

Fees

\$65 by July 23rd (includes 3 t-shirts) **ALL registration forms must be postmarked by July 23rd. ***Late registrations accepted at the triathlon committee's discretion with a \$15 late fee.

Entry fees **MUST** accompany entry form, and is not refundable. You may copy this form for additional entries. Make ONE check payable to the Seneca Janes.



TEAM ENTRY FORM

Mail check and entry to:

Seneca Janes

PO Box 5

Seneca, Kansas 66538

(PLEASE PRINT, no particular order needed)

PERSON #1

Name _____

Address _____

City _____

State _____ Zip _____

T-shirt size _____

Male or Female

E-mail address _____

Signature _____

(if under 18, parent/guardian must sign)

*Seneca Janes will not be held responsible in case of accident or injury.

PERSON #2

Name _____

Address _____

City _____

State _____ Zip _____

T-shirt size _____

Male or Female

E-mail address _____

Signature _____

(if under 18, parent/guardian must sign)

*Seneca Janes will not be held responsible in case of accident or injury.

PERSON #3

Name _____

Address _____

City _____

State _____ Zip _____

T-shirt size _____

Male or Female

E-mail address _____

Signature _____

(if under 18, parent/guardian must sign)

*Seneca Janes will not be held responsible in case of accident or injury.

INDIVIDUAL ENTRY FORM

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\$35 by July 28th (includes entry) All registration forms must be postmarked by July 28th. Late registrations accepted at the discretion committee's discretion with a \$15 late fee. Entry fees MUST accompany entry form and is not refundable. You may copy this form for additional entries. Make checks payable to Seneca Jones. Mail entries to:

Seneca Jones

PO Box 6

Seneca, Kansas 66538

PLEASE PRINT

Name

Address

City

State

Phone

Cell phone

E-mail Address

Age the day of race

Male or Female

Seneca Jones will not be held responsible in the case of an injury or accident.

(Please sign if under 18, parent/guardian signature)

Individual Information

Prizes will be awarded for the following age groups:

WOMEN'S

- Overall with her

- 7th -12th grade students

- 18-30

- 31-43

- 44 & up

MEN'S

- Overall with her

- 7th -12th grade students

- 18-30

- 31-43

- 44 & up

General Information

- Must pre-register

- Helmets required for biking

- Athletes must be entering 7th grade or older to participate.

- Each leg of the triathlon will start & end at the Seneca Swimming Pool.

- We will not be timing splits, just overall time.

- Race day gate will open up between 7:00-7:30. The pool will also be open for warm up starting at 7:00, but will close at 7:45.

- 12 person start waves, with the first group starting at 8:00 a.m.

- The Seneca Jones will not be held responsible for accidents on tri.

- Questions/comments, please e-mail us at senecatri@yahoo.com or call:

Megan Schulte Jones 868-2703

Jessica Koen 868-0098