



Present the
Cardiff Junior Triathlon
Saturday 31st May 2008
WELSH IRC SELECTION RACE (Tri Star 2 and Tri Star 3)

An event run under the British Triathlon Federation rules (details available from the BTF website).

All age categories from 8 to 16, prizes for first three in each age group, male and female.

AGE, CATEGORIES & DISTANCE

GROUP	AGE	SWIM	CYCLE	RUN
Tristar	8	2 lengths (50m)	2 laps (920m)	2 laps (400m)
1	9/10	6 lengths (150m)	5 laps (2000m)	4 laps (800m)
2	11/12	8 lengths (200m)	9 laps (4000m)	8 laps (1600m)
3	13/14	12 lengths (300m)	13 laps (6000m)	12 laps (2400m)
YOUTH	15/16	16 lengths (400m)	21 laps (10000m)	15 laps (3000m)
Junior	17	16 lengths (400m)	21 laps (10000m)	15 laps (3000m)

To decide which category to enter, your age is taken as your age as at 31st December 2008

25m indoor heated swimming pool, 460m enclosed cycle track 200m enclosed grass circuit

Race Entry is £12 for current British / Welsh Triathlon Federation Members, and £13 for non-members.

Please send cheque made payable to “**Cardiff Junior Triathlon Club**” to
The Race Organiser, Cardiff Junior Triathlon Club,
17 Newfoundland Road, Cardiff, CF14£LA

Entries will close ONE WEEK before the race. For further information please contact carol@carolmiller.wanadoo.co.uk and wyn@dinascomputers.co.uk

Name:		Sex: Male / Female		
Address:		Telephone (Eve):		
		Email:		
		Post code		
DoB:		Age (on 31/12/08):		
Tristart (8)	Tri-Star 1(9-10)	Tri-Star 2(11-12)	Tristart3(13-14)	Youth(15-16)Junior 17
WTA/BTA Membership No:		Club:		
<i>I wish to apply for BTF Day Membership and agree to details of my name, address, and DOB being forwarded to the BTF for the purpose of registering my day membership and insurance cover. I further agree to abide by the conditions of membership and rules of competition of the BTF.</i>				Please tick
<i>I accept that the organisers or their Agents shall not be held responsible for any loss, damage, action, claim, costs or expenses which may arise in consequence of my participation in this event.</i>				
I declare that I will not compete in this race unless I am in good health on the day of the race and that I will compete at my own risk.				
Signature of parent / guardian			Date:	