

# OCEAN CITY TRIATHLON & DUATHLON

**Sunday, May 17, 2020**

1/4M Swim (timed  
between) :6:00AM-8:00AM-  
Tri Entries Only

2M Run/ 15M Bike/ 2M Run-  
Begins: 9:00 AM

Duathlon Start time 9:00 AM  
2M Run/ 15M Bike/ 2M Run

## KIDS COURSE

**1/8M Swim -  
Triathlon Entries  
Only**

**1M Run/ 7M Bike/  
1M Run**

**Age Groups:  
8&9, 10&11,  
12&13**

**KIDS FEE:  
\$25.00**



\_\_\_\_TRIATHLON \_\_\_\_KIDS TRI \_\_\_\_DUATHLON \_\_\_\_KIDS DU

Name: \_\_\_\_\_ Age: \_\_\_\_ Gender: M or F

Birthday \_\_\_\_\_

Address: \_\_\_\_\_

Phone: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_

Zip: \_\_\_\_\_

E-mail \_\_\_\_\_

Emergency Contact \_\_\_\_\_

As a participant in the program, I recognize and acknowledge that there are certain risks of physical injury and I agree to assume the full risk of any injuries, damages or loss which I may sustain as a result of participating in any and all activities connected with or associated with such program.

I agree to waive and relinquish all claims I may have as a result of participating in the event against the City and its officers, agents, servants and employees.

I do hereby fully release and discharge the City and its officers, agents, servants and employees from any claims from injuries, damage or loss which I may have or which may accrue to me arising out of, connected with, or in any way associated with the activities of the event.

I further agree to indemnify and hold harmless and defend the City and its officers, agents, servants and employees from any and all claims resulting from injuries, damages and losses sustained by me arising out of, connected with, or in any way associated with the activities of the event.

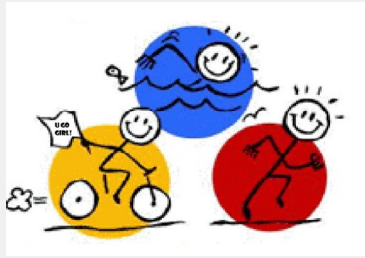
I have read and fully understand the above Event Details, Waiver and Release of all claims and permission to Secure treatment.

Name(Pleaseprint)

Signature \_\_\_\_\_

(Parent/Guardian if under 18)

Date \_\_\_\_\_ Shirt Size: \_\_\_\_\_ Youth or Adult



For additional  
information, contact Lisa  
Rumer, [lrumer@ocnj.us](mailto:lrumer@ocnj.us)  
at the Aquatic & Fitness  
Center, (609) 525-9317

Make check payable to:  
City of Ocean City  
Must turn in waiver  
1735 Simpson Avenue,  
Ocean City, NJ 08226  
(609) 398-6900.

Register online: [www.ocnj.us/  
Race-Events](http://www.ocnj.us/Race-Events)

Sponsors: Heist Insurance, Surf-  
side Construction/Duncan Homes,  
OCFPL, OCPBA, Shirt Shack

## APPLICATION FEE

Dates	Triathlon	Duathlon
Feb 1st—	60.00	50.00
May 10th		
May 11th—	65.00	55.00
May 15th		

Both Non-refundable &  
Includes Race shirt

Family of Four Fee: \$150  
Must be mailed in 1 packet  
(2 adults and 2 children)

## ENTRIES

Deadline is May 16, 2020.

Triathlon is limited to first  
120 entries.

Pick up your packet the day of  
the race

Helmets are required (ANSI)

## AGE GROUPS

14-16	17-19
20-29	30-39
40-49	50-59
60-69	70+

## AWARDS

Chance for raffle prizes for  
all entrants.

Prizes for overall winners &  
for each age group 1st, 2nd, &  
3rd

