

# Entry Form

Name \_\_\_\_\_  
Last First

Address \_\_\_\_\_  
Street

City State Zip

Phone \_\_\_\_\_

E-Mail (required) \_\_\_\_\_

Birth date \_\_\_\_\_ Sex (circle one) M F

USAT# \_\_\_\_\_ Age on 12/31/10 \_\_\_\_\_

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

T-Shirt Size (circle one)

Youth S M L

Adult S M L XL XXL

*T-shirt guaranteed in the size requested if registration received by July 10, 2010.*

FAMILY DIVISION PARTICIPANT \_\_\_\_\_

Participating with \_\_\_\_\_  
Child's Name

Parent participants should complete a separate entry form and mail it with the child's form indicating the name of the child the parent will be participating with.

### Entry Fees:

May 1-July 18 \$25.00 \_\_\_\_\_  
July 19-July 23 \$35.00 \_\_\_\_\_

TOTAL ENCLOSED.....  
See payment information on opposite side

**Note:** All youth competitors are required to have a current youth USAT membership . This is a USAT sanctioned race. One may be purchased at the cost of \$5 at packet pick-up.

Adult competitors are required to have a current USAT membership. A one day membership may be purchased at the cost of \$10 at packet pick up or you can go online to purchase an annual membership at [www.usatriathlon.org](http://www.usatriathlon.org).

GENERAL MILLS KIDS & FAMILY TRIATHLON  
Northwest Arkansas Aquatics  
813 West Central, Suite 2  
Bentonville, AR 72712



**July 24, 2010**  
**7:00 a.m.**

**Memorial Park**  
**Bentonville, AR**

# Kids and Family Triathlon

[www.genmillskidsfamilytri.org](http://www.genmillskidsfamilytri.org)



### Race Proceeds

All proceeds go to Northwest Arkansas Aquatics Association, a Section 501 © 3 (Not for-profit) corporation. The purpose of NWAA is to promote health and well-being through the sport of swimming.

[www.northwestarkansasaquatics.org](http://www.northwestarkansasaquatics.org)

## Awards & Categories

Pre-Juniors 5-6 year olds Top 3 male and female  
 Juniors 7-8 year olds Top 3 male and female  
 Juniors 9-10 year olds Top 3 male and female  
 Seniors 11-12 year olds Top 3 male and female  
 Seniors 13-15 year olds Top 3 male and female  
 Family Division – Overall Male and Female –  
 gender based on child participant  
 Pre-Jr (5-6), Junior (7-10), and  
 Senior (11-15)

Every finisher receives a medal.

### Packet Pick-up

Packet pickup will be available Friday, July 23,  
 4 - 7 pm at [Comfort Suites](#), 2011 SE Walton  
 Blvd., Bentonville, AR.

### Directions

To Race Start:  
 From Interstate 540 take Exit 88/ Hwy 72 West  
 to Martin Luther King Blvd. Turn right to enter  
 Memorial Park.

#### Mailer Sponsored by:



#### Event Sponsors:



[www.northwestarkansasaquatics.org](http://www.northwestarkansasaquatics.org)

## Race Information and Rules

- Transition will open at 6:00 a.m.
- Swim starts will begin at 7:00 a.m.
- All USAT 2010 rules are in effect
- Event will be held rain or shine.
- No refunds on registration
- The age group of a participant will be determined by age on December 31, 2010, not by race day age.

**Swim Course:** Will be a 25 yard swimming course in an outdoor swimming pool with a time trial start. Swimmers will start one at a time, 5 seconds apart in a serpentine swim.

**Transitions:** A single transition area will be immediately outside of the swimming pool gate.

**Bike Course:** The bike course will be on closed city streets

**Run Course:** The run will be held on a running path inside the park.

	5-6 y/o	7-10 y/o	11-15 y/o	Parents
Swim	25 yard	100 yard	200 yard	200 yard
Bike	½ mile	3.1 mile	6.2 mile	6.2 mile
Run	¼ mile	0.6 mile	1.2 mile	1.2 mile

### Mail Entry Form to:

Northwest Arkansas Aquatics  
 Attn: Gen Mills Kids & Family Triathlon  
 813 W. Central, Suite #2  
 Bentonville, AR 72712

Must be postmarked no later than  
 July 19, 2010

### Make Checks Payable to: NWAA, INC

Online registration is available.  
 See event web site  
[www.genmillskidsfamilytri.org](http://www.genmillskidsfamilytri.org)  
 for more details.

## Waiver and Release

Please read carefully and sign at the end of this waiver and release before submitting your entry.

In consideration of the acceptance of our entry, We, for our heirs, executors and administrators, release and forever discharge General Mills Kids and Family Triathlon and its Committee, the country where this event is held and all sponsors, producers, their agents, representatives, volunteers, successors and assigns, of all liabilities, claims, actions, dangers, costs, and expenses which We may have against them arising out of or in any way connected with our participation in this event, including travel to and from this event, and including all injuries that may be suffered by us before, during, or after the event. We understand that this waiver includes any claims based on negligence, action, or inaction of any of the above parties. We recognize the difficulties of this event and attest that we are sufficiently physically fit to compete safely in this or other triathlons and that we have not been advised otherwise by a qualified medical person. We give our consent to receive medical treatment during this event and assume the risks of competing in this triathlon. We understand that we might be photographed, taped, or filmed during this event and we allow photos, videos or film likenesses and/or our voices to be used for any legitimate purpose by the producers or sponsors.

Signature \_\_\_\_\_

Print \_\_\_\_\_

Date \_\_\_\_\_

Parent or Guardian must sign if under 18.

\_\_\_\_\_  
 Guardian