

Navy Trident's Spring Sprint Triathlon & Duathlon Registration Form Sunday 1 June 2008



Name: _____ (1) TNS Number _____
 _____ All non-members will need to purchase a 1 day race license from TNS

Mailing Address _____ Sex: M/F

Email _____

Phone _____ Age (as of Dec 31st) _____

| Event: Check Race Distance | Distance | (2) Race Fee | |
|---------------------------------|--------------|----------------|---------------|
| | | Before May 9th | After May 9th |
| _____ Sprint | 750m/20k/5k | \$ 40.00 | \$ 55.00 |
| _____ (3) Team Sprint Triathlon | 750m/20k/5k | \$ 63.00 | \$ 72.00 |
| _____ Super Sprint 1 Triathlon | 300m/15k/3k | \$ 25.00 | \$ 30.00 |
| _____ Super Sprint 2 Triathlon | 500m/15k/5k | \$ 25.00 | \$ 30.00 |
| _____ Duathlon | 3km/20km/3km | \$ 40.00 | \$ 55.00 |
| _____ Sprint Duathlon | 1km/15km/1km | \$ 25.00 | \$ 25.00 |

Predicted Swim Time: _____ min _____ sec

(2) There will be **No Race Day Registration for the triathlon events.** Registration's must be received by **28 May 08. Tri registration limited to 150.** 2006 & 2007 filled up, register early to avoid disappointment. There will be race day registration available for the duathlon.

(3) Swimmer _____ Biker _____ Runner _____

Cheques are to made out to the **Base Fund** and mailed with the registration form to:
 36 Autumn Place,
 Cole Harbour,
 NS, B2V 2A9