



MILLHEIM POOL SPRINT TRIATHLON

AT SOLDIER'S & SAILOR'S MEMORIAL PARK & POOL, MILLHEIM
Sat., June 22, 2019 at 8:00am

REGISTER ONLINE: www.parunners.com INFO: www.millheimpool.com

MAIL-IN/ONLINE T-SHIRT* REGISTRATION BY: **JUNE 1, 2019**

LATE MAIL-IN/ONLINE REGISTRATION** BY: **JUNE 19, 2019**

WALK-UP REGISTRATION: **JUNE 22, 2019**
 beginning 6:30AM

*Register by June 1st deadline to **GUARANTEE** a t-shirt.

Extra t-shirts *may* be available for Late/Walk-Up registrations .
 First come, first served; sizes and availability of extra t-shirts not guaranteed.

Registrations must be **received by 11:59AM on June 19, 2019.

Registrations received after deadline will be queued as Walk-Up Registrations in order of receipt.

MILLHEIM POOL SPRINT TRIATHLON

Checks payable to: Millheim Pool Triathlon Mail to: Millheim Sprint TRI c/o Erin Hare PO Box 506, Centre Hall, PA 16828

SPRINT TRIATHLON

Individual **\$50/\$60 after 6/1**
 17 & Under* **\$30**

MILLHEIM MINI

Individual **\$50/\$60 after 6/1**
 17 & Under* **\$30**

SPRINT TRIATHLON TEAM

2-Person Team **\$60/\$70 after 6/1**
 3-Person Team **\$90/\$100 after 6/1**

*Age Policy (13&U): Participation (TRI or MINI) for youths aged 13 & Under will require adult signature of Waiver, and athlete must be accompanied on the road (Bike, Run) courses by an adult.

Name/Team Captain:			
Address:			
City:	State:	Zip:	M or F
Age on 6/1/19:	Email:	Phone No:	
Events: (Check One)	<input type="checkbox"/> Sprint Triathlon (Indiv.) SWIM TIME (300 yds) _____ (swim time mandatory for seeding)	T-Shirt: Wm. S M L XL Mens S M L XL Note: Shirts run true to size	
	<input type="checkbox"/> Millheim Mini (Indiv. Only) SWIM TIME (150 yds) _____ (swim time mandatory for seeding)	T-Shirt: Wm. S M L XL Mens S M L XL Note: Shirts run true to size	
	<input type="checkbox"/> Sprint Triathlon Team (2- or 3-person) Swimmer Name: _____ SWIM TIME (300 yds) _____ (swim time mandatory for seeding)	Team Name: _____ T-Shirt: Wm. S M L XL Mens S M L XL Note: Shirts run true to size	
	Biker Name: _____ Runner Name: _____	T-Shirt: Wm. S M L XL Mens S M L XL T-Shirt: Wm. S M L XL Mens S M L XL	
Emergency Contact:		Phone No:	
I, the undersigned, by participating and/or volunteering in the Millheim Pool Sprint Triathlon sponsored by Penns Valley Park and Recreation Association, Inc. (PVPRA), understand and agree that such activity has certain inherent risks that can and do result in injury that can be serious, life limiting, and life threatening.			
I, the undersigned, agree to release PVPRA, all its' sponsors, and its' elected officials, employees or volunteers from all claims resulting from any and all injuries while participating and/or volunteering in the Millheim Pool Sprint Triathlon , except that arise out of the sole negligence of PVPRA, its' elected officials, employees or volunteers.			
Signature:		Date:	
Signature:		Date:	
Signature:		Date:	