



Nominations close 5.00pm
Monday, 24 March 2025.
Schools collect forms.

TRYathlon Categories

| | Swim | Cycle | Run |
|---|------|-------|-------|
| 6 & Under (Male, Female or Team) | 25m | 1.2km | 200m |
| 8 & Under (Male, Female or Team) | 25m | 1.2km | 400m |
| 10 & Under (Male, Female or Team) | 50m | 2.4km | 800m |
| 12 & Under (Male, Female or Team) | 100m | 4km | 1km |
| 15 & Under (Male, Female or Team) | 200m | 5.5km | 1.2km |
| Desperate Housewives/Husbands (Team only) | 150m | 4km | 1.2km |
| Open (Male, Female or Team) | 300m | 7.5km | 2.4km |

All ages as at 24 March 2025. Distances are measured approx.

Friday, 4 April 2025
8.30am - 1.00pm
Nominations close
5.00pm Monday,
24 March 2025

TRYathlon

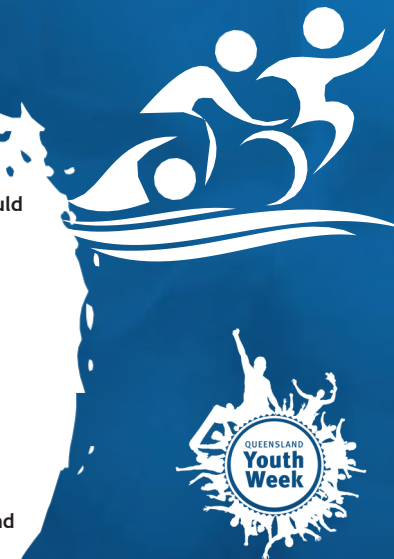
Registration
Booklet

FREE! Participants will receive
a gift and lunch

Maranoa Regional Council would like to thank:

- Mitchell Police
- Mitchell State School
- St Patrick's School
- Dunkeld State School
- Mungallala State School
- Wallumbilla State School
- Injune State School
- Surat State School
- St John's School
- Roma State College

and all participants, parents and
volunteers!



Friday, 4 April 2025
8.30am - 1.00pm



Mitchell TRYathlon

Registration
Booklet

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| | | Swim | Cycle | Run |
|--|------|-------|-------|-----|
| 6 & Under (Male, Female or Team) | 25m* | 1.2km | 200m | |
| 8 & Under (Male, Female or Team) | 25m* | 1.2km | 400m | |
| 10 & Under (Male, Female or Team) | 50m | 2.4km | 800m | |
| 12 & Under (Male, Female or Team) | 100m | 4km | 1km | |
| 15 & Under (Male, Female or Team) | 200m | 5.5km | 1.2km | |
| Desperate Housewives/Husbands (Individual or Team) | 150m | 4km | 1.2km | |
| Open (Male, Female or Team) | 300m | 7.5km | 2.4km | |

All ages as at 24 March 2025.

*Can use assistance/pool noodle.

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Please contact Council's Local
Development Officer - Mitchell
on 1300 007 662 for more
details.



ENTRY FORM

ENTRY DETAILS

Participant Name: _____
School (if applicable): _____
Address: _____

D.O.B: _____ Age: _____

INDIVIDUAL ENTRY OR TEAM ENTRY (Participants can only enter in one event)

| | | |
|-----------------------------------|---------------------------------|-------------------------------|
| 6 & under | Female <input type="checkbox"/> | Male <input type="checkbox"/> |
| 8 & under | Female <input type="checkbox"/> | Male <input type="checkbox"/> |
| 10 & under | Female <input type="checkbox"/> | Male <input type="checkbox"/> |
| 12 & under | Female <input type="checkbox"/> | Male <input type="checkbox"/> |
| 15 & under | Female <input type="checkbox"/> | Male <input type="checkbox"/> |
| Desperate Housewives/ Husbands | Female <input type="checkbox"/> | Male <input type="checkbox"/> |
| Open | Female <input type="checkbox"/> | Male <input type="checkbox"/> |

PLEASE LIST TEAM MEMBERS BELOW IF REGISTERING A TEAM EVENT

SWIM LEG Name: _____
BIKE LEG Name: _____
RUN LEG Name: _____

Medical Conditions (please note any medical conditions that may affect your ability to compete in the TRYathlon):

Participant Signature: _____

I hereby certify as the parent/legal guardian, to give permission for my child/ward, as written above to participate in the Mitchell National Youth Week TRYathlon and have signed above.

Parent/Guardian Signature: _____

Parent/Guardian Name: _____

I grant Maranoa Regional Council and persons acting for or through them the right to use, reproduce, assign and/or distribute photograph, films, videotapes and sound recording of above mentioned participants for use in materials they may create.

Participant Signature: _____

Parent/Guardian Signature (if under 18 years): _____

GENERAL RULES

In the interest of fair participation, all competitors are required to adhere to the rules of the event.

- Individuals and Teams must be registered by 5.00pm Wednesday, 24 March 2025.
- There will be numerous check points along the course with marshals. Courtesy must be given to other competitors, e.g. there must not be any jostling, aggressive behaviour and cutting others off. The marshals reserve the right to disqualify any team or competitor who breaches any of the race rules. The coordinator's decision is final.
- Competitors using public roads (i.e. runners and cyclists) must observe normal traffic regulations.
- All competitors must have their number marked on their outer lower arm and their outer lower leg in permanent marking ink.
- Marshall's directions must be complied with at all times.
- Any competitor who seeks outside support during the race will be disqualified.
- All competitors are responsible for making suitable arrangements for the transport of equipment and/or clothing.

Please make sure you read this information below. This legal document may affect your rights.

- I consent to/my child entering (registering) in the Mitchell National Youth Week TRYathlon.
- I acknowledge that this event involves the real risk of serious injury or even death from various causes including over exertion, equipment failure, dehydration, accidents with other participants, spectators or road users, course or weather conditions and other causes.
- I understand that I/ my child/ ward should not participate in the event unless I/they have prepared appropriately.
- I give consent to/ my child/ward

- Should it be necessary to withdraw during a leg, it is essential that the timekeeper or coordinator at the end of that leg be advised as soon as possible.
- Should any competitor be injured, they must report the incident to a coordinator or marshal immediately.

SWIM LEG

- All normal Mitchell Pool rules apply for swimming patrons and have priority over event. Any competitor disobeying these rules will be dealt with in the normal manner.
- Any attachment to any part of the body (e.g. flippers or flotation devices) are not allowed*. Although, kickboards may be used if needed.
- Wetsuits and goggles are allowed.
- Competitors can use any swimming stroke/s they consider appropriate.
- Should you need help you must raise your hand and the pool lifeguard will render assistance. You will not be disqualified in this instance.
- When you have finished swimming you are to exit the pool in a safe manner and NOT run on the cement.

and accept all risks necessarily flowing from their participation, which could result in loss of life or permanent injury. Accordingly, subject to any law that cannot be excluded, I release all persons or corporations associated directly with the conduct of the event from all claims, demands and proceedings arising out of their participation and I hereby indemnify them against all liability (including liability for the negligence of others for all injury, loss or damage arising out or connected with their participation in this event).

- Safety precautions undertaken by the organisers (such as course supervision, participation safety

- Before you leave the Mitchell Memorial Pool Complex, your shoes and helmet must be worn and checked by a race marshal.

BIKE LEG

- The prescribed course must be followed. Detours and short cuts are not permitted.
- Spare bikes are not allowed to be used during the race.
- All stunt pegs are to be removed from bicycles prior to the event.
- Road traffic rules must be observed and obeyed at all times.
- Minor bicycle repairs during the race are allowed.
- Start assistance is allowed, however back-up crews are not allowed.
- Shoes, t-shirt and shorts/skirt must be worn.
- The coordinators understand that children in the Mitchell and surrounding districts area may not have a bicycle helmet meeting the Australian Standard AS20631, and the organisers have permitted the use of any appropriate safety riding helmet. However, please ride at your own risk.
- No hats (e.g. baseball caps) are to be worn underneath the helmet.

briefings) area service to myself/ or my child/ward and other participants but are not guaranteed of safety. I acknowledge and accept that while the organisers take reasonable precautions to supervise my child/ward during their attendance at the event, I am ultimately responsible for their supervision.

- I acknowledge and accept that I am/ my child/ ward will be fully responsible for the security of their personal possessions at the event.
- My/ or my child/ ward/s registration is not transferable to any other person. I accept that if a form and payment is not received by Maranoa Regional Council, my child/ ward may not be able to

- Bicycles and bicycle helmets deemed un-roadworthy by the Coordinators at the start of the event will not be used in the Triathlon.
- Bicycle pump may be used if required on the track.

RUN LEG

- ALL athletes must register at the pool and attend the pre-race briefing. The coordinators take no responsibility in organising this.
- When transitioning between legs, PHYSICAL CONTACT must be made with your teammates. This is generally performed by a contact of hands or a tap on the shoulder.
- **SWIM - BIKE TRANSITION**
NO bike competitor is allowed to affix his/her helmet or mount the bicycle until such time that they have been tagged by their partner.
- **BIKE - RUN TRANSITION**
The cyclist MUST be dismounted from his/her bicycle and his/her helmet removed. You must follow the course outlined to tag your partner.

Failure to comply with any of the above conditions may result in disqualification.

*Under 8 and Under 6 categories may use a floatation device.

participate in any of the TRYathlon events.

- I acknowledge and agree to provide in writing a list of my/ my child's/ ward's medical or physical conditions that might affect their performance to be relevant if medical treatment is needed to the event organisers more than 48 hours prior to the event.
- I/ my child/ ward agrees to abide by all participation rules and directions issued by the Maranoa Regional Council and the event organisers.

Please sign to say that you accept the conditions of entry to participate in the 2025 Mitchell TRYathlon.