

# PR\* Bar Junior Aquathon

PERSONAL RECORD NUTRITION EASY

Proudly hosted by



May 8th, 2011. Cathedral Catholic High, Del Mar, CA



Aquathon (Pool Swim and Run) for ages 6-16 years.

4 distances • Spot prizes  
• Goody Bags • Medals

\* Medals and fun for ALL!! \*

More information and register at [trainingtransition.com/JuniorAquathon](http://trainingtransition.com/JuniorAquathon) or [active.com](http://active.com)  
Contact: Rachel Challis | [rachel@trainingtransition.com](mailto:rachel@trainingtransition.com) | 760.529.1968



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

Phone: \_\_\_\_\_ Emergency Name and Number: \_\_\_\_\_

Email: \_\_\_\_\_ Date of Birth: \_\_\_\_\_

Category (choose one)  I ,10am  II, 10:30am  III, 11am  IV , 11:30am

Teams: Each member fill out separate form, mail together

Register on-line at [www.active.com](http://www.active.com) or make checks payable and mail to **Training Transition**, 6519 Avenida Del Paraiso, Carlsbad, CA 92009. Race Day Registration Possible: 8:45am to 9:15am, \$10 late fee applies

### Entry Fees

Category I (50yrd swim / 0.6m run):  \$20 (Individual)  \$24 (Team)

Category II (150yrd swim /1m run):  \$22 (Individual)  \$28 (Team)

Category III (250yrd swim /2m run):  \$25 (Individual)  \$32 (Team)

Category IV (500yrd swim / 3m run):  \$30 (Individual)  \$38 (Team)

Optional T-Shirt Size (Youth): \$4:  S  M  L  XL

Additional Amount to REINS\* Charity: \$\_\_\_\_\_ Total Amount (entry+ t-shirt + charity) \$\_\_\_\_\_

10% from every entry automatically donated to REINS charity (\*a Therapeutic horse riding program for children with disabilities)

\$10 late fee applies to all entries received after 5pm on the Wednesday prior to race

Estimated swim time: \_\_\_\_\_

WAIVER: In consideration of acceptance of my entry, I for myself, executors, administrators and assignees do hereby release and discharge Training Transition, Cathedral Catholic High School, Rachel Challis and Beth Saunders, and all other sponsors and associates for claims of damages, demands, actions whatsoever, in any manner arising or growing out of my participation in said athletic event. Further, I hereby grant full permission to any of the foregoing to use any photographs, videotapes, motion picture recording or any other record of this event for any purpose whatsoever. I attest and verify that I have full knowledge of the risks involved in this event and I am physically fit and sufficiently trained to participate in this event.

Parent's Signature \_\_\_\_\_

DATE \_\_\_\_\_