



**White Squirrel Kids Triathlon
Friday / August 5, 2022**

**Musgrove Park & Aquatic Center
403 East Florence / Olney, Illinois**

**Time Trial / Staggered Start format
Open to participants age 3 - 15 on race day**

Age Divisions

Family

Ages 3 to 8

25 meter swim

(Parents can be in the water with child)

1/2 mile bike

(HELMETS REQUIRED)

1/4 mile run/walk

**Parent/Guardian Participation
Required**

Sprint

Ages 9 to 12

50 meter swim

(Parents can be in the water with child)

2 mile bike

(HELMETS REQUIRED)

1/2 mile run/walk

Iron

Ages 11 to 15

150 meter swim

3 mile bike

(HELMETS REQUIRED)

1 mile run/walk

Registration

Richland County Youth

Free

Non Richland County Youth

\$25

All registrants receive an event T shirt. All finishers receive a completion medal.

Schedule of Events

Friday August 5th 2022

5:00 PM - 6:00 pm

REGISTRATION AND PACKET PICKUP

6:00 PM

RACE START - AGE GROUP ORDER - IRON, SPRINT, FAMILY

Maps, Rules and Regulations, link to on-line registration (participants), volunteer information, and sponsorship information may be found at www.rcrcolney.com.

REGISTRATION AND WAIVER

Name _____ Birth year _____
Address _____ Gender ____ M ____ F
City/St/ZIP _____

Emergency contact: name _____ phone _____

Participant Category

Shirt Size

Family	Age 3 - 8	()	Youth	(XS) (S) (M) (L)
Sprint	Age 9 - 12	()	Adult	(S) (M) (L)
Iron	Age 11 - 15	()		

RCRC WHITE SQUIRREL KIDS TRIATHLON WAIVER AND RELEASE

In consideration of acceptance of my entry or my child's entry, I understand and agree that

- I am voluntarily participating in the RCRC White Squirrel Triathlon and have read and agree to comply with all rules, regulations, and event instructions.
- I fully understand that my participation in the RCRC White Squirrel Kids Triathlon could result in serious injury to me or my child, including death.
- I fully assume all risks and desire to participate without regard to those risks. I certify that I and any other participants that I am registering are physically fit and have sufficiently trained for participation in this event.
- I, the undersigned, intending to be legally bound, hereby for myself, my heirs, executors, and administrators, waive and release any and all rights and claims for damages I may have against the City of Olney, all event sponsors, organizers, volunteers, and representatives and their families from any and all claims and liabilities of any kind suffered by me or my child in conjunction with this event, including pre- and post-event activities.
- I further indemnify and hold harmless the City of Olney, its officers and employees from any and all claims or lawsuits resulting from personal injury, including death, or property damage arising from or in any way connected to the special event; excepting any claims arising solely out of the negligent acts of the City, its officers and employees.
- In the event that I am in need of medical treatment and unable to give consent to the employees or agents of Carle Richland Memorial Hospital, Carle Richland Memorial Ambulance Service and such other medical personnel that are on hand, such medical personnel are authorized to provide me with emergency medical treatment they deem necessary.
- I also give permission for the free use of my name and/or pictures or video in any broadcast or any account of this event.

Name of participant

Date

Signature of parent/guardian of participant under 18

Date

_____ My registration fee of _____ and my additional gift of _____ is enclosed.

_____ I am a Richland County youth eligible for fee waiver.

**Mail signed form, entry fee, and additional gift (if you wish) with checks made payable to
Richland County Recreation Council / Post Office Box 508 / Olney, IL 62450**