



Registration: allocation of bibs
Scrutineering
Pre-race briefing

8:00 am to 11:00 am
8:00 am to 11:00 am
11:20 am



Paddle Start 12:00 noon

Paddle 4.5 km on the Lake at Tullah beginning with a deep water start, across open reaches turning under the Mackintosh Bridge around the buoy.
Motorised boats will adequately patrol the course.
Competitors may use a surf ski or kayak but must wear a buoyancy vest.
Australian Safety Standards apply



Cycle Start 1:45 pm

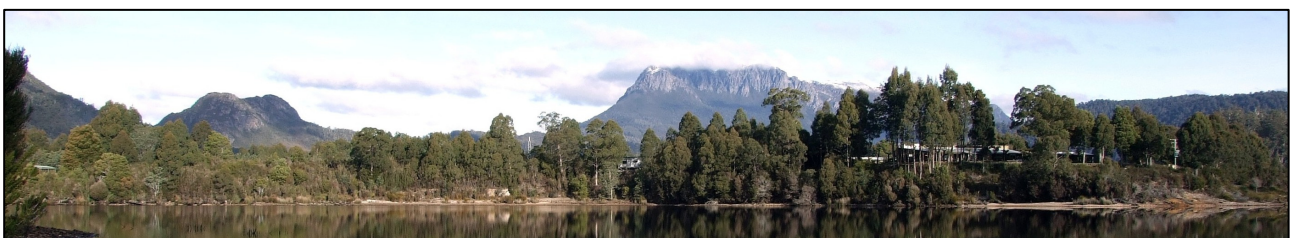
Cycle 29 km on a well maintained road through West Coast Wilderness to the Bastyan Dam and return
All cyclists must wear an approved safety helmet.
Australian Safety standards apply.
Be careful: the course will remain open to other vehicles during the event.
Cyclists are individually responsible for following traffic laws



Run Start 3:30 pm

Run 7.5 km on a bush track circuit through Rainforest and around the lakeshore before finishing back in the town. The route is well marked. The bush track run is a circuit initially following the historic Sterling Valley tramway track. The route then passes through rainforest to the Murchison Dam Road.
After crossing the Murchison Highway, it follows the lakeshore before finishing back in the town.
The route will be very well marked

Entrants must be registered by 11:00am



Enquiries : Jenny Grossmith, c/- Post Office, Tullah, Tasmania, 7321. Ph: (03) 6473 4293
Email : tullah_challenge@hotmail.com Web: tullahchallenge.yolasite.com

Conditions of Entry

- Competitors shall be at least 13 years old on the day,
- Competitors shall wear official race numbers over clothing,
- Competitors shall attend the Pre Race briefing,
- The Tullah Challenge is a multi-sport event with the emphasis on fun and participation,
- Paddle, cycle and run sections each begin with a mass start,
- Each leg starts and finishes more or less in the centre of Tullah,
- Cycles, Helmets, kayaks and buoyancy vests will be scrutineered prior to the race,
- Competitors must give assistance to others as required during the race,
- Spectators are encouraged to follow the race but escorting competitors is not allowed,
- The Organisers may take action on the day of the race to ensure the success of the event and the safety of the competitors e.g.: excluding competitors and modifying the course,
- Paddle Leg competitors - Two rescues and you face disqualification from the paddle leg,
- Cycle Leg competitors – Drafting is not allowed,
- Juniors must be under 18 years on the day and veterans at least 40 years on the day.

**Be aware the Tullah Challenge can be a stressful event.
The event Organisers take all care but accept no responsibility**

Declaration:

I, whose signature appears on this entry form for the Tullah Challenge 2011:

Hereby acknowledge that there are inherent risks associated with this event, and I am aware of the nature of the course and that I am medically fit to participate. Hereby agree to abide by the Conditions of Entry of the event.

Shall by signing this disclaimer, hereby for myself, my heirs, executors or administrators release and indemnify the Tullah Progress Association Incorporated (Organisers) or any person acting in any capacity for the aforesaid Organisers against any action, claims, rights or causes of action which might otherwise have or acquire from any injury or loss of life, damage or loss of any description whatsoever and howsoever caused, whether through the conduct of any Organisers where lawful or otherwise, which I may sustain, suffer or cause in the course of, or as a result of, my entry or participation in the event.

Signed _____ Date _____

Signed _____ Date _____

Signed _____ Date _____

If you are under 18 years of age on the day of this event, your lawful parent or guardian must sign this extra declaration:

I certify that I am the lawful parent/guardian of _____
who will be _____ years of age on the day of the event and has my consent to participate.

I agree to accept the conditions of the entry and the above declaration for this event.

Signed: _____ **Date:** _____



**TRIATHLON AUSTRALIA
NATIONAL SANCTIONING DOCUMENT
SAMPLE PARTICIPANT'S AGREEMENT
FORM J**

Participant's Agreement

**Must be signed by all competitors
(For competitors under 18, a parent or guardian must sign)**

WARNING: This is a legal document that affects your rights

I agree to compete in this event on the following basis:

1. I acknowledge that competitive triathlon, duathlon or aquathlon involves the real risk of serious injury or even death from various causes including overexertion, equipment failure, dehydration, accidents with other competitors, spectators or road users, and course or weather conditions to name a few.
2. I understand that I should not compete in this event unless I have trained appropriately and a medical practitioner has verified my physical condition.
3. By competing, I accept all risks necessarily flowing from my participation that could result in loss of life or permanent injury. Accordingly, I release all people associated with the conduct of the event from, and will indemnify them against, all liability (including liability for their negligence) for all injury, loss or damage arising out of or connected with my participation in this event. For clarification, the people released include event organisers, promoters, sponsors, managers, government and public authorities, Triathlon Australia Limited, its members state and territory triathlon associations and all of their respective directors, officers, employees, agents, contractors and volunteers including event medical and paramedical personnel. This release and indemnity continues forever and binds my heirs, executors, personal representatives and assigns.
4. I consent to receiving any medical treatment that event organisers think desirable during or after the event.
5. I consent to event organisers using my name, image and likeness, before during or after the event, for event promotional broadcasting or reporting purposes in any media.
6. I understand that the information that I have provided herein will be included in a Triathlon Australia database and may be disclosed on occasions to the Australian Institute of Sports Commission, State Institutes and Academies of Sport and the Australian Sports Drug Agency. I also understand that information of a biographical nature including my name, date of birth, home state, results, career highlights and interests may be released to the media in response to general requests.
7. I understand that compulsory insurance cover affected for participants in this event may not cover me for all injury, loss or damage sustained by me.
8. Safety precautions undertaken by organisers (such as course supervision, race safety briefings, bicycle and helmet safety checks) are a service to me and other competitors but are not a guarantee of safety.
9. I am fully responsible for the security of my personal possessions at the event.
10. My registration is not transferable to other people. If I am unable to compete, or if the event is cancelled, my registration fee is non-refundable.
11. I have attached to my entry form details of any medical or physical conditions from which I suffer that might affect my performance or be relevant if medical treatment is needed.
12. I agree to abide by all race rules and directions issued by the event organiser.
13. I certify that I am 18 years of age or older and I have read this document and fully understand it.

Signature..... Date:.....

Medical conditions:

Member of Triathlon Australia/Tasmania.....Yes No

Declaration by Parent or Guardian

As parent or guardian of the competitor:

I agree to the above for myself and on behalf of my child.

I indemnify and will keep indemnified all people associated with the conduct of the event on the terms referred to above.

Parent/Guardian Signature..... Date.....

Entry Form



\$25.00 per entrant

Entries accepted on day of event or entry forms and fee can be sent to
Tullah Challenge c/- P.O. Tullah, 7321
(Cheques should be made payable to Tullah Progress Association Inc.)

Please circle applicable category

Team Individual Open Junior (under 18) Veteran

Team Name: _____

Paddlers Name: _____ Male/Female

Address: _____

Email Address _____

Contact Phone Number: _____

Cyclist Name: _____ Male/Female

Address: _____

Email Address _____

Contact Phone Number: _____

Runners Name: _____ Male/Female

Address: _____

Email Address _____

Contact Phone Number: _____

**Competitors may nominate to be entered as individuals and as team members:
Notify registration officials when checking in to ensure your cross entry is recorded**

The 2011 Hydro Tasmania Trophy will be presented to the First Male and Female Competitors.
Prizes will be awarded to the winners and place getters in the following categories; Male,
Female, Junior and Veteran Individuals, Male, Female, Veteran and Junior Teams.