



Year **2019**

Zone \_\_\_\_\_

# TRIATHLON SPORT FORM

Created December 2018

Entries must comply with the 55+ BC Games sport specific rules and the BCSGS General Rules Book & Policies.

## Age Category – Men and Women

55 – 59  60-64  65-69  70-74  75-79  80+

## Please print

Fill in the preferred first name and last name of the participant as printed on their registration form.

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

## Events

### Men's events

Aquathlon (Thursday)  
1 km swim / 5 km run

Sprint triathlon (Saturday)  
750 m swim / 20 km cycle / 5 km run

### Women's events

Aquathlon (Thursday)  
1 km swim / 5 km run

Sprint triathlon (Saturday)  
750 m swim / 20 km cycle / 5 km run

**NOTE TO REGISTRAR:** Each zone may send an unlimited number of participants. Please use one form per participant.

