Fees:
$20 per person in advance
$40 day of race
$50 for 2 or 3 person
corporate teams
Cash or Check ONLY
Make Checks Payable to:
Student Recreation Council
Fee is non-refundable.
Allow 3-4 days for delivery.

Register online at
www.TriStateRacer.com

or Submit entry form & fee to:
Marshall Recreation Center
Attn: Kayla Dodd
402 Thundering Herd Drive
Huntington, WV 25755

www.marshall.edu/campusrec

Registration Form
Name: ___________________________________________________________   Phone: _______________________________
Street address: ___________________________________________________________________________________________
City: _______________________________________________ State: __________________ Zip: _________________________
E-mail: _____________________________________________________________________________________________________
Circle shirt size:    S         M         L          XL          2XL         3XL         Kids sizes:         S         M         L
Gender:    M         F        Age day of race: ____________
Team name (if registering a team): _________________________________________________________________
**T-Shirts:**

To be guaranteed a t-shirt in your desired size, entry forms must be received by February 24th.

**Rules & Guidelines:**

Heat sheets will be posted the morning of the race. You must race in your assigned heat. Children will race in heats. Flotation devices (kickboards, life vests, buoys) are allowed. Fins and paddles are prohibited.

There will be 5 minutes for transition. Everyone must change clothes after the swim portion of the race. No exceptions.

Times will be based on the cumulative time for the three disciplines.

Children must be 4 feet and 2 inches tall in order to use the bike. They will be marked after each lap on the track.

All children must know how to swim. ONE parent is allowed to accompany their child for the 10 & under year old division, but may not assist in any way. NO parents are allowed to accompany their child in the 11-15 year old race.

There will be no packet pick-up the evening before the race. Participants must sign consent forms at packet pick-up the morning of the race beginning at 7am.

**Awards:**

Top Overall Male & Female First Place Male and Female in each age division Corporate Cup for top team

**T-Shirts:**

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<table>
<thead>
<tr>
<th>Adults:</th>
<th>Kids:</th>
</tr>
</thead>
<tbody>
<tr>
<td>300 yards: 12 pool-lengths</td>
<td>150 yards: 6 pool-lengths</td>
</tr>
<tr>
<td>8 miles on spinning bike</td>
<td>4 miles on spinning bike</td>
</tr>
<tr>
<td>2 miles on treadmill</td>
<td>1 mile 7 laps on track</td>
</tr>
</tbody>
</table>

**Age Divisions:**

16-19, 20-29, 30-39, 40-49, 50-59, and 60+

**Kids Age Divisions:**

10 & Under and 11-15