CRC Indoor Triathlon
WCU Campus Recreation and Wellness

Campus Recreation & Wellness is hosting the sixth annual CRC Indoor Triathlon! The Indoor Triathlon is a race consisting of three events: Row, Bike, Run. There are two divisions, the Half Iron Cat and Iron Cat. Competitors may race as an individual or as a team, having one member complete each leg of the race! You may also compete in both an individual and team events.

Date: Tuesday, October 27th, 2015
Location: Campus Recreation Center
Time: Competition times vary from 6:00am-9:00am, 11:00am-2:00pm, 3:00pm-7:00pm
Cost: FREE for WCU students and CRC members
       $5 Guest pass required for eligible CRC non-members (partners/spouses of students/faculty/staff are welcome)
Distances: Half Iron Cat: 2,000 meter row, 5 mile bike, 1 mile run
           Iron Cat: 4,000 meter row, 10 mile bike, 2 mile run

Event Registration Details

• You may participate in both the Individual and Team Events. If would like to participate in both events, you must fill out both the Individual Event Registration and Team Event Registration (on back). However, you can only participate in one distance for each. For example, you can’t participate in the individual Iron Cat and the Individual Half Iron Cat.

• If you would like to participate in both events, you may compete as an individual and apply one of your Individual Event times (for Row, Bike, or Run) to your team, as long as the distance you are completing (Iron Cat or Half IronCat) is the same for the individual and team events. You do not need to do the same event twice. For example, before your individual event, you may indicate that you would like to use your Bike time for your Team Event. When you complete your entire Individual Event, you will have also logged your contribution toward your team time as well. If you choose this option, you must indicate on the Team Registration Form which time from your individual event you would like to use for your Team Event. This must be chosen before you compete in either event.

• If your team would like to compete together, please place an “X” in corresponding box in the Team Event Registration section. Make sure each member of your team submits the same time slot preferences so we can schedule you together.

• If your team would like to compete at different times during the day, please place an “X” in the corresponding box in the Team Event Registration section to indicate that you are OK with competing at different times, thus completing the different events throughout the day to form a total team time to be determined when your final team member has completed his or her event. If you are using a time from your Individual Event for your Team Event, you will likely be competing at different times during the day.
General Information
Full Name: ______________________________
92#: ________________________________
Phone Number: ______________________________
Email Address: ______________________________

*Note: We will be emailing you prior to Race Day with your heat time(s).*

Individual Event Registration

Division: □ Half Iron Cat □ Iron Cat
Sub-Division: □ Male □ Female
Availability: □ 6:00am-7:00am □ 11:00am-12:00pm □ 3:00pm-4:00pm
□ 7:00am-8:00am □ 12:00pm-1:00pm □ 4:00pm-5:00pm
□ 8:00am-9:00am □ 1:00pm – 2:00pm □ 5:00pm-6:00pm
□ 7:00am-8:00am □ 12:00pm-1:00pm □ 4:00pm-5:00pm
□ 8:00am-9:00am □ 1:00pm – 2:00pm □ 5:00pm-6:00pm

*Note: Place an “X” in the time slots you are available. We will schedule two (2) heats per hour. We will try to accommodate any special requests.*

Team Event Registration

Division: □ Half Iron Cat □ Iron Cat
Sub-Division: □ Team – Male □ Team – Female □ Team – Co-Rec

Names of Team Members:
#1: __________________________________________ #2: __________________________________________

Team Name: __________________________________________

Event I am participating in for my Team: □ Row □ Bike □ Run

□ I am competing in both Individual and Team Events and would like to use my Row/Bike/Run time from my Individual Event for my Team Event. I understand that this must be chosen before I compete in either Event.

Availability: □ 6:00am-7:00am □ 11:00am-12:00pm □ 3:00pm-4:00pm
□ 7:00am-8:00am □ 12:00pm-1:00pm □ 4:00pm-5:00pm
□ 8:00am-9:00am □ 1:00pm – 2:00pm □ 5:00pm-6:00pm
□ 6:00pm-7:00pm

* Note: Place an “X” in the time slots you are available. We will schedule two (2) heats per hour. We will try to accommodate any special requests. If your Team is competing together, make sure each member submits the same time slot preferences so you can be scheduled together.*

For more information, please visit the CRC Indoor Triathlon website at reccenter.wcu.edu; click on Programs, Special Events.
Questions? Please contact Tyler Spencer at tcspsencer@wcu.edu

For Office Use Only
Initials: ______________ Date Received: ___________

92#: ________________________________