

Prime Time – 70.3 Ironman Training Squad For Women

APPLICATION FORM 2011

Name.....

Address.....Post code.....

Email Address.....

Phone: Mobile : AH.....

Is this your first Half Ironman event? YES / NO

Please indicate sessions you wish to attend below

- Monday : Swim 7-8pm (Beatty Park aquatic centre) **Coached session**
- Tuesday: Cycle -5.30am-7.00am (Riders Choice Leederville **Coached session**)
- Tuesday: Group Run (6pm Lake Monger) **Group training session**
- Thursday : Group Cycle – 5.30-7.00am **Group training session**
- Thursday: Run – 6-7pm (Alderbury Reserve Floreat) **Coached session**
- Friday: Open Water Swim 6.30-7.15am (Cottesloe Beach) **Coached session**
- Saturday: Long Ride 6am (Riders Choice Leederville) **Group training session**
- Sunday: Long Run 7am (various locations) **Group training session**
- Sunday: Ocean Swim 9am (Cottesloe Beach) **Group training session**

Program may change from time to time to fit in events

NB: pool entries not included

Training Shirt size 10 12 14 16 (please circle)

Group sessions

Tuesday run sessions will be long run for those who don't wish to do long run on weekend with a shorter route for those running long on Sundays

Thursday cycle, Saturday cycle and Sunday run and swim are group sessions with route (location) planned but not "coached".

13 week course (4 coached sessions each week and up to 5 group training sessions monthly program and training shirt)	\$300
Casual 10 session card (excludes swim sessions)	\$90
Pool swims only	\$120*
Ocean swims	\$90*
Cycle Only	\$90*
Run Only	\$90*
(* includes training shirt)	

Please email applications to robynjscott@bigpond.com

Paying by cheque:

Please make cheques payable to:

Robyn Scott

Post to Prime Time

c/o 112a Northwood Street

WEST LEEDERVILLE 6007

Pay by bank transfer

Robyn J Scott

BSB 016 355

Account 5604 35221

Application close Friday 22nd January

Declaration

On acceptance of my application to participate in the Prime Time training program

1. I agree to comply with instructions and rules issued by the coaches
2. I consent to receive any medical treatment deemed necessary by the coaches during participation in the training sessions
3. I acknowledge that I have sole responsibility for my personal possessions and equipment used during the training sessions
4. I agree to have my bike mechanically checked and in good working order for all training sessions.
5. I attest and verify that I am physically fit to take on the training program and have no physical or intellectual impairment that may make my participation hazardous to me or others in the group
6. I hereby personally or for my executors, heirs and administrators release and forever discharge the organisers and coaches from all claims, damages, actions What so ever in any manner arising from y participation in the training group

SignatureDate.....

Recent times: 500m swim____ 40km cycle____ 10km run____

Comments on your current fitness level

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Do you have any current or recent injuries or medical conditions which may effect your participation in activities? Please explain.

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What is your goal for the half iron man?

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Where did you hear about the course?

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*******Camp details will be available in New Year**

HALF IRONMAN TRAINING COURSE REFUND POLICY

A full refund (less \$5 admin fee) will be given if you withdraw prior to the application closing date.

A \$20 fee will apply if you withdraw after closing date but prior to the start of the course.

If you withdraw within the first 3 weeks of the course 50% refund will be given but only upon receipt of a doctor's certificate.

You are advised to take out your own personal accident insurance if you are not a member of TWA (Triathlon Western Australia).

Bikes must be mechanically sound and helmets must be Australian Standard approved. You will not be permitted to take part in the cycle if a coach deems your bike to be unroadworthy. If you are in doubt take your bike to your local bike shop for a safety check.

Please sign to acknowledge you are aware of this policy
