



**Prime Time - Half Ironman Training Squad
For Women
APPLICATION FORM**

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 center)**
- Tuesday: Windtraining6-7.00am (West Leederville Primary School)**
- Thursday : Cycle – 5.30-7.00am (Riders Choice Leederville)**
- Thursday: Run – 6-7pm (UWA Sports Park – Mt Claremont)**
- Friday: Open Water Swim 6.00am (Cottesloe Beach)**
- Saturday: Long Ride 6am (Riders Choice Leederville)**
- Sunday: Long Run 5pm : Burswood**

*****Program may change from time to time to fit in events*****

NB: pool entries not included

Fees Payable (please circle your option)

- 3 sessions per week \$250
- 4 sessions per week \$300
- 5 sessions per week \$350

Saturday cycle and Sunday run are not included in these fees, they will remain group sessions free of charge with route planned but not always with coach present.

Casual 10 session card \$70

Squad shirts and cycle jerseys may be available later in course

Please make cheques payable to Robyn Scott
Post to Prime Time c/o 112a Northwood Street WEST LEEDERVILLE 6007

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 and goal for the Half Ironman

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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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*******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.