

The Lake Central Swimming and Diving Teams are proud to host our 4th annual sprint triathlon. This Sprint Triathlon is a perfect introduction race into the world of triathlon. Families are welcome to watch or participate as a team. Compete as an individual and experience triathlon. Experienced racers will find this as a great training race for the upcoming summer season. Come on out to our wonderful high school; race, have fun, and support Lake Central Athletics.

**Packet/Shirt Pick-up:** Saturday May 10th from 6:30am – 7:30am in pool classroom

**Pool:** 10 lane 50 meter. Entrance to Pool is at the blue awning next to the gym

**Parking:** The school parking lot will be available for parking

**Pre-Race Meeting:** All participants must attend the pre-race meeting at 7:30 in the pool area

**Transition Area:** Located in front of the pool. Opens at 6:30 am. Secure until 11:00 am. Participants only in transition area

**Relay Teams:** Teams may consist of 2-3 members. Timing chip will be exchanged in transition area. Limit of 15 teams

**Timing:** Chip timing with end result and splits

**Swim:** 400 meter swim in Lake Central Pool. Swim down one lane and back in another. Lane. Send off will be 20 seconds apart and based on swim entry time.

**Bike:** 12 mile loop through St. John, exiting from the rear of the school. Roads will be open to local traffic. CPSC/SNELL/ASTM approved helmets are required.

**Run:** 4.5 K run through Lake Central cross-country course on the school campus  
Must be 14 years old to participate  
Post race awards, food, and music  
No exchanges or refunds  
All proceeds go to Lake Central Swimming and Diving and Lake Central Athletic Department  
Please Print:

\_\_\_\_ Individual  
\_\_\_\_ Team

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

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

Birth Date: \_\_\_\_/\_\_\_\_/\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_

Zip: \_\_\_\_\_

Phone: \_\_\_\_\_

Email: \_\_\_\_\_

**400 yd freestyle entry time** \_\_\_\_:\_\_\_\_.\_\_\_\_

\_\_\_\_ \$50 Individual Pre-Registered  
(Must be received by May 4th)

\_\_\_\_ \$70 Team Pre-Registered  
(Must be received by May 4th)

\_\_\_\_ \$60 Individual (After May 4th)

\_\_\_\_ \$80 Team (After May 4th)

S M L XL  
(T- shirt, circle one)

By entering the event and signing below, I accept all risks associated from my participation that could result in the loss of life or permanent injury. Accordingly, I release all people associated with the conduct of this event from and will indemnify them against all liability (including liability of negligence) for all injury, loss, damage arising out of or connected with my participation in this event. The people released but are not limited to event organizers, promoters, sponsors, Lake Central School Corporation, Town of St. John, Town of Dyer, Town of Schererville, homeowners, supporters, and all public authorities. I understand that the safety precautions undertaken at the event by organizers are a service to me but are not a guarantee of my safety. I will provide event organizers all details of my past and present medical or physical conditions that may affect my performance or be relevant if medical treatment is necessary. I consent to event organizers using my name, image, likeness, before, during, or after the event for promotional broadcasting or reporting in any media

\_\_\_\_\_  
Signature of participant 18 years or older

\_\_\_\_\_  
Signature of parent or legal guardian

### Registration:

Send attached with check made payable to:

Lake Central High School  
c/o Todd Smolinski  
8400 Wicker Ave  
St. John, IN 46373

Amount Enclosed: \_\_\_\_\_

**Or online at [www.lchstri.com](http://www.lchstri.com)**

Questions: [lakecentraltri@gmail.com](mailto:lakecentraltri@gmail.com)

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Sponsors!**

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Central Sprint Triathlon.



Follow us on Twitter  
@LCHSTri



**LAKE CENTRAL 4TH  
ANNUAL SPRINT  
TRIATHLON**



400 meter swim  
12 mile bike  
4.5 K run

**SATURDAY MAY 9, 2015**

**8:00 AM**

**LAKE CENTRAL HIGH SCHOOL  
8400 WICKER AVE  
ST. JOHN, IN 46373**