



Rules and registrations

- 1-Registrations will be taken until July 30^h, 2019. The committee has the right to change the number of participants until the deadline.
 2. Participants must have booked and paid before August 1st 2019, a confirmation by e mail or phone will be done.
 - 3- Only a storm could jeopardize the event and in this case it would be rescheduled at a later date.
 - 4- No registration will be refunded or transferred.
 5. Each participant must register at least 30 minutes before leaving and signing the waiver for A.P.L.L.
 - 6- Swim caps are included and mandatory.
- *All participants must have completed their race before 12:00.

Participants will have to demonstrate sportsmanship throughout the course. It goes without saying that cleanliness is to be applied at all times.

NAME _____

Address _____ Member Yes No

Phone number _____ Age _____

E-mail _____

Category _____ This year for the environment sake we will be offering you a reusable water bottle

Checks payable to: **Duathlon APLL**
Complete, print and mail
APLL
C.P. 636
Labelle, Qc, J0T 1H0

CAUTION:

Do not make postdated checks. The cashing of the check confirms your registration.
duathlonapll@gmail.com

