

SUPERSEAL V & SEAL SPRINT II TRIATHLONS

SUNDAY, MARCH 18, 2012

7:00 & 8:00 AM

WELCOME

Welcome to the 5th Annual SUPERSEAL Triathlon and the 2nd Annual SEAL Sprint Triathlon. All Proceeds, less costs, from this year's triathlons will go directly towards the Navy Seal Foundation.

SUPERSEAL COURSE

Just like the evolution of Frogmen into SEALs, the SUPERSEAL was developed into an International distance course that will take all you can give and ask for more. A fast 1,500meter bay swim, followed by a flat 40K bike ride on HWY 75, and ends with a flat, fast 10k run on pavement and hard-packed dirt and sand trail.

SEAL SPRINT COURSE

A fast 500 meter bay swim, followed by a flat 20K bike, ending with a flat 6K (approx) run on pavement and hard packed dirt and sand trail.

RELAY TEAMS

Join together with friends and family to complete the SUPERSEAL course. We **DO NOT** have a relay portion for the SEAL Sprint event.

RACE FEATURES

The 2012 race will feature chip timing and a post-race party with refreshments, beer garden, live entertainment and an awards ceremony. All participants will receive a colorful T-shirt. SUPERSEAL participants will receive a finisher medal. SEAL Sprint participants will receive a finisher pin. Awards will be given to the top three finishers in each category. Points for the San Diego Triathlon Series will be given to the top 10 individual finishers in the division categories for the SUPERSEAL and SEAL Sprint.

PRIZE PURSE

This year's event will feature a total prize purse of \$3,000. The prize purse breakdown is as follows:

<u>SUPERSEAL</u>	
1ST OVERALL MALE: \$600	1ST OVERALL FEMALE: \$600
2ND OVERALL MALE: \$400	2ND OVERALL FEMALE: \$400
3RD OVERALL MALE: \$250	3RD OVERALL FEMALE: \$250
1ST SEAL/NSW: \$500	



REGISTRATION

Online: Enter online at www.kozenterprises.com or www.superfrogtriathlon.com.

Mail: Mail a completed entry form and check to: **SUPERFROG TRIATHLON**, P.O. Box 421052, San Diego, Ca 92142. Do not mail entries after March 15, 2011.

MAIL BACK OPTION:

For a fee of \$15.00- Receive your race materials, except for your timing chip and t-shirt, in the mail at least 5 days prior to the race. Due to the large number of timing chips that were not returned to us, you will not receive your timing chip in the mail. **YOU WILL NEED TO PICK UP YOUR TIMING CHIP AT THE VIP BOOTH ON RACE MORNING.** You DO NOT need to attend the pre-race check in. You will need to return a signed waiver by mail and pick up your t-shirt at the finish line. Entries must be received by March 4, 2012. **NO EXCEPTIONS!!**

VIP CHECK-IN

For a fee of \$30.00-Your race numbers, swim cap, goodie bag, and t-shirt will be ready for you on race morning at the VIP Check-in table. You DO NOT need to attend the pre-race check in. VIP athletes have a reserved bike slot with their names in the transition area.

PRE-RACE EXPO

The mandatory pre-race expo will be on Saturday, March 17, 2012 from 10:00 am to 3:00 pm. The expo will be held at Loew's Coronado Bay Resort. The Loew's Coronado Bay Resort is located directly across HWY 75 from Silver Strand State Beach. Race numbers, T-shirts, timing chips, and swim caps will be available for pick-up here.

DIRECTIONS:

HEADING SOUTH:

On I-5 from San Diego: Take the Coronado Bay Bridge, Go West on Coronado Bay Bridge to Orange Avenue, Turn left on Orange Avenue, Head South onto HWY 75. Silver Strand State Beach will be approximately 5 miles down on the right-hand side.

HEADING NORTH:

On I-5 from Mexico: Take Hwy 75/Palm Ave (Exit 5A). Go west on Palm Ave and stay to the right to head north on the Silver Strand Blvd (Hwy 75). Head north on Hwy 75 to the Silver Strand State Beach located across from Coronado Cays Turn left into beach parking lot.

REFUND & TRANSFER POLICY

Partial refunds and transfers are available. Cancel by January 1 and receive a refund, minus a \$10 cancellation fee. Cancel from January 2 to March 1 and receive a refund, minus a \$25 cancellation fee. **There will be no refunds or transfers after March 1, 2012.** You may transfer your entry to the 2013 SUPERSEAL or SEAL Sprint event or you may transfer it to another person.

To transfer your entry to the 2013 event or to another person you must download a San Diego Triathlon Series transfer form. Transfer form must be received or post-marked by the March 1st deadline. **There is a \$20 fee for all transfers.**

INFORMATION

For more information please visit us online at www.kozenterprises.com or www.superfrogtriathlon.com. You may also call (858) 268-1250.

SUPERSEAL & SEAL SPRINT Triathlon (Please print and fill out form completely, OK to photocopy)

Official Entry Form Mail entry with check payable to SUPERFROG Triathlon, c/o KOZ Enterprises, P.O. Box 421052, San Diego, CA 92142

FIRST NAME (Individual or Relay Team Captain)		LAST NAME	
AGE on race day	SEX	DAY TIME PHONE NUMBER	T-SHIRT SIZE
ADDRESS			
CITY		STATE ZIP CODE	
EMAIL ADDRESS			
RELAY TEAM NAME			
RELAY TEAM MEMBER NAME		SEX	AGE
RELAY TEAM MEMBER NAME		SEX	AGE
EMERGENCY CONTACT NAME			
EMERGENCY CONTACT PHONE NUMBER			

DIVISION

SUPERSEAL

- AGE DIVISION **OR** (Five year age increments)
- SPECIAL DIVISION **OR** (check your division)
 - PRO Clydesdale
 - Military Clydesdale 40+
 - Disabled SEAL
- RELAYS
 - Men 120+
 - Women Military
 - Mixed SEALMEN

SEAL SPRINT

- AGE DIVISION **OR** (Five year age increments)
- SPECIAL DIVISION **OR** (check your division)
 - PRO
 - Military
 - Disabled
 - Clydesdale
 - Clydesdale 40+

If you are an active duty Navy SEAL or attached to an active NSW Command, enter your command's name: _____

FEES

- SUPERSEAL**
 - Active Duty Military/Reserves...\$ 95
 - COMMAND**
 - Tri Club San Diego.....\$115
 - Civilian.....\$130
 - RACE WEEKEND.....\$160
- SUPERSEAL RELAYS**
 - Active Duty Military/Reserves....\$130
 - COMMAND**
 - Tri Club San Diego.....\$150
 - General Public\$165
 - RACE WEEKEND.....\$215
- SEAL Sprint**
 - Active Duty Military/Reserves....\$ 70
 - COMMAND**
 - Tri Club San Diego.....\$70
 - Civilian.....\$ 80
 - RACE WEEKEND.....\$110

Entry Fee	\$ _____
VIP Check-In: Add \$30	\$ _____
Mail Back Option: Add \$15	\$ _____
SUPERSEAL add \$15 after 12/21	\$ _____
SEAL SPRINT add \$10 after 12/21	\$ _____
TOTAL Enclosed	\$ _____

In completing this entry form, I agree to the conditions as stated in the event Release of Liability and Waiver Form. I will also sign a waiver at the pre-race expo.

Initial Here: _____