**2016 Club Workout Sanctioning Application**

***(Use one application for each workout throughout the week)***

**Sanction your Workouts *(please check all that apply)***

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| ***Club Name:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_***Swim \_\_\_\_\_\_\_ Bike \_\_\_\_\_\_\_ Run \_\_\_\_\_\_\_ Brick \_\_\_\_\_\_\_ Other *(please explain) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_***Do you have an EAP? \_\_\_\_\_\_\_\_\_\_ *Coaches not trained in a New NCCP context must provide a sample EAP for approval prior to sanctioning.*** |

**Swim Workouts:**

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| Start time \_\_\_\_\_\_\_\_\_ Finish Time \_\_\_\_\_\_\_\_\_Day Month Pool \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Name and full address of pool \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**And/Or**Open Water \_\_\_\_\_\_\_\_\_\_\_  Location \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ How many qualified lifeguards will be present \_\_\_\_\_\_\_\_\_\_\_ |

**Bike Workouts:**

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| Start time \_\_\_\_\_\_\_ Finish Time \_\_\_\_\_\_\_ Group Ride \_\_\_\_\_\_\_ Day\_\_\_\_\_\_\_ Month  Start Location: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Finish Location: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Will there be a support vehicle? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ General route of ride ie. in the area bound by X Street, Y Avenue and Z Drive \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |

**Run Workouts:**

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| Start time \_\_\_\_\_\_\_\_\_ Finish Time \_\_\_\_\_\_\_\_\_Day Month  Group Run \_\_\_\_\_\_\_\_\_ Track \_\_\_\_\_\_\_\_\_ Road \_\_\_\_\_\_\_\_\_\_\_ Trail \_\_\_\_\_\_\_\_\_\_\_\_ Start Location: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Finish Location: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Will there be support available? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ General route of run e.g. from Point A to Point B and back, on the Track only, etc... \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |

**Be Aware:**

* Workouts may be submitted for sanctioning at any time after a club has completed sanctioning.
* Insurance coverage runs from April 1, 2016 to March 31, 2017.
* Please advise Triathlon Ontario of any changes to location, time, etc immediately.

**Return to: Triathlon Ontario** **info@triathlonontario.com**

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