**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**](mailto:info@triathlonontario.com)

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