

## Medical certificate swissultra 2023

***The medical certificate has to be handed over to the event organiser during the briefing together with the signed waiver of liability or be sent in advance to [info@swissultra.ch](mailto:info@swissultra.ch). Without the medical certificate and the signed waiver of liability an athlete will not be allowed to participate in the race.***

Competition: **Triple Ultratriathlon ONE PER DAY (3x1)**  
Date and city: 25. – 27. August 2023, Buchs SG (Switzerland)  
Description: The Triple ultratriathlon ONE PER DAY is a race over a total distance of 678 kilometers. The athletes have to complete one Ultratriathlon each day for 3 consecutive days: 3.8km swim, 180km bike and 42.2km run.  
Time limit: 20 hours each day for 3 consecutive days

This document confirms that Mr / Ms

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born on (date of birth):

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is physically healthy and from my professional opinion as a medical doctor, he / she presents no signs of any significant health issues warranting that he / she abstains from taking part in the Triple ultratriathlon ONE PER DAY (3.8km swim, 180km bike and 42.2km run each day for 3 consecutive days).

Place, date (must be within the last 12 months before the first day of the event):

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Signature of the medical doctor:

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Signature of the athlete:

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