



TRYATHLON

Wednesday 19th February 2020

Cancellation Will be made by 10.30am on the school Facebook page and radio cancellations (More FM & Hokonui Gold).

Parking **No parking on Derby Road or Swimming Pool area.** We use both for the race course. Please park on Pisa Road or the car parks beside the school hall.

Programme The first race will start at 12.00pm sharp. Some races may begin before others are finished so there are no specific start times. We aim to finish by 2.30pm.

<u>Race order</u>	<u>Distances</u>	<u>Location</u>
Elite	Swim 5 lengths → Bike 3km → Run 2km	Derby Road
Year 7 & 8	Bike 3km → Run 1km → Swim 5 lengths	Derby Road
Year 6	Bike 2km → Run 1km → Swim 3 lengths	Derby Road
Year 5	Bike 1km → Run 1km → Swim 2 lengths	Derby Road
Year 1	Bike 1 lap → Run 1 lap → Swim/walk 2 widths	School field
Year 2	Bike 2 laps → Run 1 lap → Swim/walk 2 widths	School field
Year 3	Bike 2 laps → Run 2 laps → Swim 3 widths	School field
Year 4	Bike 3 laps → Run 2 laps → Swim 3 widths	School field

- If possible please stay until the end of the triathlon to support the other competitors.
- Please ensure children have warm clothes to put on after their event and plenty of snacks.
- **ALL bikes are to go home straight after the Triathlon.**
- **Please note that buses are running as normal. Please advise the office if you take your child off the bus.**