

Plimmerton School PTA Fundraiser

Kids Triathlon

@ Plimmerton School

Sunday 24 February 2019

For 5 to 13 year olds



5 to 6 years	Run 1 lap	Bike 1 lap	Swim 2 lengths
7 to 8 years	Run 2 laps	Bike 2 laps	Swim 4 lengths
9 to 10 years	Run 3 laps	Bike 3 laps	Swim 6 lengths
11+ years	Run 4 laps	Bike 4 laps	Swim 12 lengths



For more information or to volunteer on event day please email plimmertonschooltriathlon@gmail.com or phone Pete Barton 022 067 0357

Thank you to our major sponsor:



Key:

Run Course	
Bike Course	
Swim Course	
Transition	
Marshals	x
First Aid	
Spectators	

AGE	RUN	BIKE	SWIM
5 - 6 years	1 lap (400m)	1 lap (300m)	2 lengths
7 - 8 years	2 laps (800m)	2 laps (600m)	4 lengths
9 - 10 years	3 laps (1.2 km)	3 laps (900m)	6 lengths
11+ years	4 laps (1.6 km)	4 laps (1.2 km)	12 lengths

NO CAR PARKING AVAILABLE AT SCHOOL

Information for Parents

Plimmerton School Triathlon is a **fun, have a go event** for all children in the area. Children from other schools are welcome to enter. The focus is on fun, having a go and trying your best.

This event will proceed 'rain or shine'.

Parents will be able to watch the run and bike course but will not be allowed access to the pool or bike transition area.

Children will run out of the pool to the finish line so there will be great photo opportunities at the end!

Mojo coffee available on school grounds from the wonderful Leigh at [Faultline Coffee](#) (cash or EFTPOS payment options).

Registration

[Please register your child here](#)

Safety

- **I understand that Children enter the event at their own risk**
- **Helmets MUST be worn for the cycle leg**
- **I have checked that my child's bike is road worthy**
- **Shoes must be worn for running and cycling**
- **Children may use a flutter-board for the swim leg if required**

Start Times

- 11+ 9.00 a.m.
- 9 to 10 9.30 a.m. (approx.)
- 7 to 8 10.00 a.m. (approx.)
- 5 to 6 10.30 a.m. (approx.)

Girls and boys will be set off in separate waves.

Entry fee payment and race number collection

- **Cash only** entry fee of **\$10 per child** or **\$25 for 3 or more children** from the same family payable on event morning
- Collect your race number from the registration desk at school entrance **at least 30 minutes before your race start time**

Race instructions

- **Don't forget to bring:** Your bike, Cycle Helmet, Swimming Goggles, Water Bottle and Towel
- **Kids:** wear your running shoes and togs with a t-shirt and shorts on top.
- Have your goggles wrapped around your wrist ready for the swim!
- Rack your bike and helmet in the bike transition area
- Go to start line **at least 10 minutes before your race start time** for briefing
- **Run clockwise** around run course for correct number of laps
- Enter bike transition (entry is just after run start line) and pick up your bike
- **Bike clockwise** around bike course for correct number of laps
- Drop bike off in bike transition and run to swimming pool
- **Swim in the school pool** for the correct number of laps
- Run to the finish line and celebrate!!
- Pick up your gear from gear pick up area