



**Notice to Parents  
School Triathlon 2017**

We are pleased to be running the Kumeroa/Hopelands School Triathlon again this year on Tuesday 28 February (postponement date: Thursday 2 March).

The events are leveled to take children’s abilities into account and we encourage full participation. There are novice, intermediate, and advanced categories. Bikes are to be at school by 9.00am on the day of the triathlon (at the latest). Students are welcomed to bring their bike to school from Thursday 23 February so that they can train and get used to transitioning. Please check your child’s bike before bringing it to school (good brakes and air in tyres, correct seat height, handle bars set at proper angle, etc.).

Other points to note:

- All children must wear a correctly fitted helmet.
- All children will transition through the run-bike-swim events without stopping and restarting.
- Togs may be worn throughout the event.
- Appropriate covered footwear (sneakers) must be worn during the run and bike phase.
- All children will need to have sunscreen applied.

The distances for each category are shown below:

	<b>Novice</b>	<b>Beginners</b>	<b>Intermediate</b>	<b>Advanced</b>	<b>Elite</b>
<b>RUN</b>	100m	200m	500m	1000m	1500m
<b>BIKE</b>	200m	400m	1000m	1500m	3000m
<b>SWIM</b>	15m (2 widths)	25m (2 lengths)	50m (4 lengths)	75m (6 lengths)	100m (8 lengths)

Please complete the entry form below and return it to school.  
We invite all family and whānau to join us for this social event.  
At the conclusion of lunch you may wish to leave with your child/children.

If this is the case, **please inform the classroom teacher** they are leaving and also **leave a note for Sue or Hamish** on the whiteboard if they will not be on the bus.

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Child’s name: \_\_\_\_\_ category \_\_\_\_\_

Child’s name: \_\_\_\_\_ category \_\_\_\_\_

Child’s name: \_\_\_\_\_ category \_\_\_\_\_

Child’s name: \_\_\_\_\_ category \_\_\_\_\_

YES, I can help with marshaling: (name)  
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### PROPOSED SCHEDULE FOR THE DAY

8.00	Set up (we would welcome any and all additional help!)	
9.00	Bikes to the transition areas for safety inspection.	
9:15	Marshals to meet with Simon in the Nest (library) for debrief.	
9:25	Students to assemble and Claire to debrief on expectations.	
9.35	Marshals to their points	
9.40	Race 1: Novice	Run – Bike – Swim
9:55	Race 2: Beginners	Run – Bike – Swim
10:15	Morning Tea	
10:45	Marshals to their points	
11.00	Race 3: Intermediate	Run – Bike – Swim
11:30	Race 4: Advanced	Run – Bike – Swim
12.10	Race 5: Elite	Run – Bike – Swim
12.50	Prize giving	
1.00	Lunch	
1:45	Classes resume	

Thank you,

Simon, Claire and Janice