



## AQUATHLON 2017

The Aquathlon is a race similar to a triathlon except with no cycle leg. It consists of a 1 km run, 200m swim and 1 km run.

**DATE OF TRIAL:** Friday, 13 October 2017

**VENUE:** Highfields Aquatic Centre

**TIME:** 7:00 am to 8:00 am

All competitors are to assemble at 6:45 am to be registered and numbered

**NOMINATIONS CLOSE:** Friday, 6 October 2017  
[kate.mcwha@twb.catholic.edu.au](mailto:kate.mcwha@twb.catholic.edu.au)

**CONDITIONS:** Competitors must be 10 years to 15 years (born 2007 to 2002)

**NOMINATION FEE:** \$5.00 per student (covers pool entry and awards)

**WHAT TO BRING:**

- \* Togs and towel
- \* Appropriate clothing and footwear
- \* Water
- \* Sunscreen
- \* **Completed medical form to Ms McWha in an envelope with \$5.00 by 06/10/17. Please write competitor's name/s on envelope.**

**COURSE:** 1 km run leg, 200m swim leg, 1 km run leg

**TEAMS:** Teams of two may enter with one person swimming and the other running. Please state names on envelope with medical form.

**AWARDS:** Students placed first, second and third overall in 10 to 12 years and same in 13 to 15 years will receive medallions. The first placed team 10 to 12 years and 13 to 15 years will also receive a medal each. All competitors will receive a participation certificate.

**DARLING DOWNS TRIALS:** At the conclusion of the trials, competitors aged 10 years and 11 years may be invited to compete at the Darling Downs Regional Aquathlon trials in Dalby on Friday, 27 October.

