

YOU GOTTA TRI

CIS Triathlon 2018

Friday, 20 April @ 3:30



Do you have what it takes to push yourself to complete a triathlon? The 2018 CIS Triathlon is an event for students in Grades K-5! Individuals and teams of 2-3 are welcome!

The cost is \$10 per athlete and includes drinks, post race snacks, raffle prizes and a participant medal.

Please complete the registration form and waiver and return along with \$10 per student to the Admin Office.

(Register 7.45-8.15am Mon 16—Wed 18 April outside the office).

Entries close Wed 18 April.

If you are interested in volunteering, please contact Ms. Darcy at Darcy.Simcoe@cis.ky

Hope to see you there!

The Distances*

Kindergarten—Grade 1

75m swim / 2 loops bike / 1 lap run

Grade 2—3

150m swim / 3 loops bike / 2 laps run

Grade 4—5

250m swim / 4 loops bike / 3 laps run

*Please note, a “loop” is around the school while a “lap” is around the field.

3:00pm Body Marking

3:15pm Race Briefing

3:30 Race start

Cyclists must have a bike, helmet and trainers to participate (sorry no scooters!)

