



Papakowhai Home and School Committee Fundraiser

Kids Triathlon

Papakowhai School

Sunday 3th March 2019

For years 1 - 8



For more information email: homeandschool@papakowahi.school.nz

or phone Rose Crawford 021 701109

Thank you to our major sponsors



Information for Parents

Papakowhai School triathlon is a fun, have a go event for all children at the school. Parents will be able to watch the bike and run course in designated areas but will not be allowed access to the pool and bike transition due to space constraints. Children will run from the pool to the finish line so there will be great photo opportunities at the end! Refreshments and BBQ food will be available for purchase.

Registration

Registration Fee is \$20 per child. If an adult from each family volunteers at the event the fee will be reduced to \$10 per child. Entry forms and payment must be handed in to the office by 12 noon on **Friday 22nd February**. Cash or cheques made payable to Papakowhai Home and School. **Entries are limited so register today.** No late entries will be accepted. Race numbers will be received in class on Wednesday 27th February.

Start Times

- | | |
|----------------|-------------------|
| • Year 1 & 2 | 10.30am |
| • Year 3 & 4 | 11.00am (approx.) |
| • Year 5 + | 11.30am (approx.) |
| • Prize Giving | 12.30pm (approx.) |

On the Day

- **Don't forget to bring:** Your bike, helmet, goggles, water bottle, sunscreen and towel.
- **All bikes to be dropped off by 10am at the latest to the bike transition area**
- **Kids: wear your sneakers** and togs with a named t shirt and shorts on top if required.
- Children to be on the Astroturf 15 minutes prior to your age group start time. Listen out over the intercom for the reminder call.
- Once the bike leg is finished drop your bike off in the transition area, remove sneakers/t shirts and pick up swim goggles. Run to the pool, complete the swim, run to the finish line on the basketball court.
- To receive placing ribbons for each year group and spot prizes your child must be at the prize giving.

Entry Form

Name _____ Year _____

Room # _____ Please tick your event:-
Year 5 + Boys Year 5 + Girls
Year 3 & 4 Boys Year 3 & 4 Girls
Year 1 & 2 Boys Year 1 & 2 Girls

Parent / Guardian Name: _____

Phone Number: _____

Email Address: _____

Parent / Guardian Consent:

Safety

- I understand that Children enter the event at their own risk.
- Sunscreen must be applied before the race.
- Helmets MUST be worn for the cycle leg.
- I have checked my child's bike is road worthy.
- Sneakers should be worn for running and cycling.
- I will be in attendance for the duration of the event.
- Photos from the run and cycle legs may be used in school and sponsorship material.
- Any siblings attending the event are the responsibility of the parents and must be kept off the raceways for the duration of the event.

Payment:

Payments can be made direct to Papakowhai Home and School account 12-3478-0060954-00 (Ref Triathlon - child's name) or at the school office

I can volunteer to be a marshall for the event

Signed: _____ Date: _____

Course Details



Year 1 & 2 500m Run (1 Lap) 500m Bike (2 Laps) Swim 3 lengths
Year 3 & 4 1km Run (2 Laps) 1km Bike (4 Laps) Swim 6 lengths
Year 5 + 1.5km Run (3 Laps) 1.5km Bike (6 Laps) Swim 9 lengths