



ST. ALOYSIUS

CATHOLIC COLLEGE

24 September 2018

Dear Parents/Guardians

2018 Schools Triathlon Challenge

The Schools Triathlon Challenge was started in 2008 with the aim of promoting healthy lifestyle choices for school students. Secondary students will be eligible to participate on the following date:

- **Secondary (Grade 7-10) – Thursday, 22nd November**
- The triathlon can be completed individually or as a team event. Students can enter as an individual and participate as a team member, for the one payment of \$20. The fee covers entry, an official backpack, swim cap, finishers cap, wristband, fruit and water. The course is flat. Times and distances are listed on the attached information sheet.

Students are to wear their College sports uniform, including school hat, sunscreen and enough food and water to sustain them for the day.

The College will provide transport to and from the triathlon for the students. We are very excited to be able to use our new bike trailer, so all bikes will be transported safely to and from school.

Swim leg Wetsuits are allowed, but as it is short they are not compulsory. Swimming caps will be provided and goggles are optional.

Ride leg Helmets are compulsory. Students must make sure that your bike is in good condition with tyres pumped up.

Run leg Good running shoes are required and Students must run with a top on with their number pinned to the front.

Please return the **permission slip, entry form and \$20** (cash at the office or pay via Qkr) by **Monday, 15th October. Entries close on 19th October, so this is an important deadline to meet.**

Further details can be found by visiting the Schools Triathlon Challenge website at www.schoolstriathlonchallenge.com

Marcelle Ottaway
HPE Teacher

Brendan Gill and Joe Sandric
Co-Principals

Individuals				
Grade	Age	Swim	Bike	Run
3	8/9yrs	50m	2.5km	500m
4	10yrs	50m	2.5km	500m
5	11yrs	100m	5km	1km
6	12yrs	100m	5km	1km
7	13yrs	200m	6.5 km	1.5km
8	14yrs	200m	6.5km	1.5km
9	15yrs	250m	9.5km	3km
10	16yrs	250m	9.5km	3km

Relay Teams				
Grade	Age	Swim	Bike	Run
3 & 4	8/9/10yrs	100m	5km	1km
5 & 6	11/12yrs	200m	6.5km	1.5km
7 & 8	13/14yrs	250m	8km	2km
9 & 10	15/16yrs	300m	9.5km	3km

.....

TRIATHLON PERMISSION FORM GRADES 7-10

I give permission for who is in Grade to participate in the Secondary STC (Thursday, 22nd November)

Name.....

Signature.....

Phone number..... Email.....

I have paid \$20 entry fee via Qkr Yes/No