

Titahi Bay School Triathlon 2016

This is our 8th year of running the Titahi Bay School Triathlon and every year it just gets even better! It is a great way to fundraise a large amount of money and has become our main fundraising event of the year.

- In 2009 we fundraised for various equipment around the school
- In 2010 we fundraised for acoustics for the hall
- In 2011 we fundraised for staging for the hall
- In 2012 we fundraised for new outdoor playground equipment
- In 2013 we fundraised for our brilliant new playground
- In 2014 we fundraised for a set of bicycles, helmets and a storage container.
- In 2015 we fundraised for the building of the cooking room.
- This year we are fundraising for the new equipment to fill the cooking room.

The triathlon promotes health and fitness and the children spend time training for the event as part of their Health and Physical Education programme at school.

All children are encouraged to participate and to collect sponsorship money for their participation. Prizes are awarded for the most money raised.

Feedback from children and families tells us that children get a lot out of participating in the triathlon and enjoy a real sense of achievement in being a part of the whole training/fundraising/competing process.

Open Races: These races are, 'Open Preschoolers' (no wheels section in this race), 'Open Juniors', 'Open Seniors'. Children need to register for these races by 9.15 at the 'Open Register' table. The cost of this is \$10 for a medal and a certificate.

Photos will be taken of each Titahi Bay School participant. You can purchase these for a cost of \$5.00.

IMPORTANT INFORMATION FOR THE DAY OF THE TRIATHLON

On arrival please take bikes to the marked area on the Tom's Road carpark. Once bikes have been delivered **SUPPORTERS MUST STAY OUT** of the **BIKE ARENA** for SAFETY REASONS.

We ask that all junior children wear their helmets to the start line for safety and ease of bike transition.

Find your year group on the beach, the teachers to look out for are:

YEAR LEVEL	TEACHERS
New Entrants/Year 1	Chelsea Renshaw, Sarah Taylor, Sharon Thompson
Year 2	Kristina Stevens, Rebekah Hill
Year 3	Sharon Hartley, Grace Mulvihill
Year 6	Candis Wood, Janelle Reid
Year 5	Nicky Bell, Matt Tan
Year 4	Phil Edgecombe, Karly Logan
Open Racers	Find the marked table at the finish line

Races start and finish on Titahi Bay Beach. First race begins at 9am sharp
Children start according to their year group. Order of races will be:

NE/Year 1: 250m run, 200m wheels (1 lap), 50m wade
Year 2: 300m run, 500m wheels (2 laps), 75m wade
Year 3: 500m run, 1km wheels (3 laps), 100m wade
Open Juniors: 250m run, 200m wheels, 50m swim
Open Seniors: 750m run, 1.5km wheels, 150m swim
Year 6: 750m run, 1.5km wheels, 150m swim
Year 5: 750m run, 1.5km wheels, 150m swim
Year 4: 750m run, 1.5km wheels, 150m swim
Open Preschoolers: 250m run, 50m wade only

(These are approximate distances and will be subject to conditions on the day).

The swim section of the triathlon is a run through the water.
CHILDREN WILL NOT ACTUALLY BE SWIMMING.

Shoes must be worn for the run and wheels section of the race (and preferably for the swim). Helmets **MUST** be worn during the wheels section of the Triathlon.

There will be RAFFLES, FOOD and DRINKs available to purchase on the beach
EFTPOS will be available.

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RACE ORGANISATION

Saturday 19 March 8:45am
Races begin at 9am. Start/Finish on Titahi Bay Beach

Children start in waves according to their year group. Race order is as follows:

Year 1/NE:	250m run, 200m wheels, 50m swim
Year 2:	300m run, 500m wheels, 75m swim
Year 3:	500m run, 1km wheels, 100m swim
Open Juniors:	250m run, 200m wheels, 50m swim
Open Seniors:	750m run, 1.5km wheels, 150m swim
Year 6:	750m run, 1.5km wheels, 150m swim
Year 5:	750m run, 1.5km wheels, 150m swim
Year 4:	750m run, 1.5km wheels, 150m swim
Open Preschoolers:	250m run, 50m swim

(These are approximate distances and will be subject to conditions on the day).

THE SWIM SECTION OF THE TRIATHLON IS A RUN THROUGH THE WATER.
CHILDREN WILL NOT ACTUALLY BE SWIMMING.

Shoes must be worn for the run and wheels section of the race (and preferably for the swim). Helmets **MUST** be worn during the biking section.

SUPPORTERS MUST STAY OUT OF THE BIKE ARENA FOR SAFETY REASONS.