AREA 5 TETRATHLON COMMITTEE

 TRIATHLON

**MOLD SPORTS CENTRE, SUNDAY 19th OCTOBER 2014**

# **CLASSES**

1 BOYS PRE MINI (UNDER 8) BEANBAGS ON TARGETS, 500M RUN, 2 MIN SWIM

2 GIRLS PRE MINI (UNDER 8) BEANBAGS ON TARGETS, 500M RUN, 2 MIN SWIM

3 BOYS MINIMUS (8 – 11 YEARS) 7M, 2 HAND SHOOT, 1000M RUN, 2 MIN SWIM

4 GIRLS MINIMUS (8 – 11 YEARS) 7M, 2 HAND SHOOT, 1000M RUN, 2 MIN SWIM

5 BOYS JUNIOR (12 – 14 YEARS) 7M, 1 HAND SHOOT, 1500M RUN, 3 MIN SWIM

6 GIRLS JUNIOR (12 – 14 YEARS) 7M, 1 HAND SHOOT, 1500M RUN, 3 MIN SWIM

7 BOYS INTERMEDIATE (21& UNDER) 10M, 1 HAND SHOOT, 2,000M RUN, 3 MIN SWIM

8 GIRLS INTERMEDIATE (21 & UNDER) 10M, 1 HAND SHOOT, 1,500M RUN, 3 MIN SWIM

9 BOYS OPEN (21 AND UNDER) 10M, 1 HAND SHOOT, 3000M RUN, 4 MIN SWIM

10 GIRLS OPEN (21 AND UNDER) 10M, 1 HAND SHOOT, 1500M RUN, 3 MIN SWIM

9 SLIGHTLY CREASED M/F 7M, 2 HAND SHOOT, 1000M RUN, 2 MIN SWIM

CLASSES MAY BE SPLIT/COMBINED DEPENDING ON ENTRIES.

COMPETITORS AGED 8 ON THE DAY WILL SHOOT IN THE MINIMUS CLASS.

THE PRE MINI CLASS THROW BEANBAGS AT A TARGET AND IS FOR THOSE WHO

HAVE NOT YET REACHED THEIR 8TH BIRTHDAY.

ALL OTHER AGES AS ON THE 1ST JAN 2014

COMPETITION WILL BE RUN UNDER 2014 TETRATHLON RULES

TEAMS: Branch teams of three or four from any classes, best three scores to count.

AWARDS: Individual rosettes to 6th place. Team rosettes to 6th place.

 Medals for best run, shoot and swim in each class.

Rosettes for absolute beginners. Please state on entry form if this is your first triathlon.

ENTRY FEE: £12 per competitor, £1 reduction for 2nd and subsequent family members,

Cheques payable to Area 5 Tetrathlon Committee.

Closing date 10th October 2014

Please send correct fee with entry to :-

Gill Croft, 21, Ffordd Top-y-Rhos, Treuddyn, Mold, Flintshire. CH7 4NE

Tel. 01352 770037 Mobile 07842 168 538

Email gill.croft@tesco.net

Legal Liability: Neither the organisers, nor persons acting on their behalf, accept any liability for loss, damage, accident, injury or illness to competitors, spectators or any person or property whatsoever.

Health and Safety: The organisers of the event have taken reasonable precautions to ensure Health & Safety of everyone present. For these measures to be effective, everyone must take reasonable precautions to avoid and prevent accidents from occurring and must obey the Instructions of the organisers, officials and stewards.