**AREA 5 TETRATHLON COMMITTEE**

**TRIATHLON**

**MOLD SPORTS CENTRE,**

**RIVERSIDE COURT, MOLD CH7 1HT**

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**SUNDAY 29 OCTOBER 2017**

# **CLASSES**

The following classes may be combined if there are insufficient entries: 3 with 5, 4 with 6

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

**2** GIRLS BEANIES (UNDER 8) BEANBAGS ON TARGETS, 500M RUN, 2 MIN SWIM

**3** BOYS INTRO (8 – 9 YEARS) 7M, 2 HAND SHOOT, 1000M RUN, 2 MIN SWIM

**4** GIRLS INTRO (8 – 9 YEARS) 7M, 2 HAND SHOOT, 1000M RUN, 2 MIN SWIM

**5** BOYS MINI (10 – 11 YEARS) 7M, 2 HAND SHOOT, 1000M RUN, 2 MIN SWIM

**6** GIRLS MINI (10 – 11 YEARS) 7M, 2 HAND SHOOT, 1000M RUN, 2 MIN SWIM

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

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

**9** BOYS INTER/OPEN (UNDER 26) 10M, 1 HAND SHOOT, 2000M RUN, 4 MIN SWIM

**10** GIRLS INTER/OPEN (UNDER 26) 10M, 1 HAND SHOOT, 1500M RUN, 3 MIN SWIM

**11** WRINKLIES/SLIGHTLY CREASED 7M, 2 HAND SHOOT, 1000M RUN, 2 MIN SWIM

BEANIE CLASS: THOSE WHO HAVE NOT YET REACHED THEIR 8TH BIRTHDAY. COMPETITORS AGED 8 ON THE DAY ENTER THE INTRO CLASS

ALL OTHER AGES AS ON THE 1ST JAN 2017

**TEAMS:** Branch teams of three or four from classes 1 - 10, best three scores to count.

**AWARDS:** Individual and team rosettes to 6th place.

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

**TRIO OF TRIATHLONS:** Points scored at this event will count towards the Area 5 Trio of Triathlons. To be eligible a competitor must compete in the same class at each of the three triathlons. If you change age category on 1 Jan 2018 you need to enter the older category this time for your points to count.

**ENTRY FEE:** £15 per competitor (£1 reduction for 2nd and subsequent family members)

Cheques payable to Area 5 Tetrathlon Committee.

**Closing date 14 October 2017**.

**Please send correct fee with entry to:-**

Mrs Penny Wingfield, Coedlyn, Rowen, Conwy LL32 8YL

Tel. 01492 650989 Mobile 07845 128109

Email - Area 5Tetrathlon@outlook.com

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.