



Methven Primary Triathlon

Monday 11th February 2019

Dear Parents/Caregivers

On Monday 11th February, Methven Primary School is going to hold a triathlon event for Years 3 – 6 students throughout the school. A duathlon (swimming & running) for the Year 0 – 2, will be held at a later date. It will be a voluntary event with competitive and non-competitive categories. The MPS triathlon event will allow selection for the Mid Canterbury Primary Schools Triathlon for Year 5 & 6 students. (21st Feb)

Competitive racing		Non-competitive racing:	
Year 3/4 & Year 5/6		Year 3/4 & Year 5/6	
Swim	2 Lengths of Methuen pool	Swim	1 length or 3 widths of Methuen Pool
Bike	3km (approx.)	Bike	1.5km (approx.)
Run	1km (approx.)	Run	500m (approx.)

All competitors **MUST** be capable of completing the distances for the race and have a bike and helmet suitable for biking on grass, running shoes and a T-Shirt to put on after the swim section (must be worn during the cycle and run legs). Swimming & running training will be undertaken during school time, but it is expected that students will train at home too (especially biking). All of the events will be run within the boundaries of MPS & MHC to avoid traffic/road issues.

Timetable Please note earlier than previous year due to the heat!!

8.30am to 9.45 Bikes delivered to school and put beside rugby goal post.

9.45 Competitors set up their gear in transition (this is located on the court area)

10.15 Racing briefing

10.30 Racing begins – children will be sent in designated waves (entire event is usually finished in 60 mins)

Viewing

We welcome all supporters to come along on the day and cheer competitors on. Please look carefully at the maps at school to see the viewing areas and enter the pool area via the road entrance. **Parents are not permitted in any transition areas.**

Parent Helpers

We will need at least 10 -15 parent helpers on the day to ensure the triathlon runs smoothly. If you can come and lend a hand, please fill in the form below and return to the office ASAP.

Children will need to enter the event ahead of time, to allow for greater organisation. Please talk through the event with your child at home. If your child would like to have a go at the triathlon, please fill in the form at the bottom of this page and return to the school office **by MONDAY 4th FEB**

I would like to compete in the MPS School triathlon. : Childs Name _____

I will be in the:

Year 3/4 Competitive / Non-competitive (Please circle)

Year 5/6 Competitive / Non-competitive (Please circle)

My parents will ensure my bike is at school on the day.

My parent _____ can help on the day. Email : _____

Signed: _____