

St Joseph's School Tri/Duathlon

Friday 19th February 2021



Dear Parents,

Next Friday we will hold our annual Tri/Duathlon event. The triathlons are for Year 3-6 children and the duathlons (run and swim) are for Year 1 & 2 children. There will also be a duathlon held for those Year 3-6 children who are unable to bring a bike to school. All bikes brought to school in the morning will be secured on school grounds. Helmets must be worn.

The emphasis for this event is participation and full participation is expected. The first race starts at 1.10pm. Please come along and support the children in their events.

Programme:

Year 3 Duathlon	1.10pm
Year 3 Triathlon - (Staggered Start)	1.15pm
Barbier/Trinity Duathlon	1.25pm
McKenna Duathlon	1.30pm
Year 4 Duathlon	1.35pm
Year 4 Triathlon - (Staggered Start)	1.40pm
Mission Duathlon	1.50pm
Year 5 Duathlon	1.55pm
Year 5 Triathlon - (Staggered Start)	2.00pm
Carroll Duathlon	2.10pm
Year 6 Duathlon	2.15pm
Year 6 Triathlon - (Staggered Start)	2.20pm

Duathlon: *One lap of field running, swim one length of pool.*

Triathlon: *One lap of field biking, one lap of field running, swim/wade one length/width of pool.*

Hayley O'Neill,
Sports Coordinator