

2016 Bude Junior Shoreline Triathlon

Saturday June 18th, 10.30 am

Summerleaze (Bude) Sea Pool and Summerleaze Downs

Timetable

8.30 am to 9.30 am Check in and rack bikes, Summerleaze Sea Pool

9.45 am Competitors briefing at Summerleaze Sea Pool

10.30 am Start Summerleaze Pool

The Course - Same off road course as Last Year

Can parents please park in Summerleaze Beach Car Park, make sure you buy a ticket, and then walk with your child and their equipment up to the top of the Summerleaze Sea Pool.

Swim in Summerleaze Sea Pool followed by an off road cycle around Summerleaze Downs followed by an off road run around Summerleaze Downs finishing back at the Sea Pool.

Useful Information

- Children divided by school year, Parents will be needed to help out in transitions.
- Children can enter as individuals or as part of a relay team.
- **All entries must be in by end of May.**
- Medals to all Finishers.
- Wetsuits can be worn for the swim, trainers must be worn for the run, helmets must be worn during the cycle and bikes must be in a safe condition. Off Road Bikes (Mountain Bikes) are recommended.
- Yrs 4 & 5 swim 1 length, cycle 2 lap and run 1 lap.
- Yrs 6 & 7 swim 2 lengths, cycle 2 laps and run 1 lap.
- Yrs 8 & 9 swim 3 lengths, cycle 2 laps and run 1 laps.
- SAE will be used to send you next years application form.

Send entry details plus **1 SAE** and **£21 Relay Team** or **£12 Individuals** to:-

Simon Hammond, 11a Crooklets Beach, Bude, Cornwall, EX23 8NE.
email info@shorelineactivities.co.uk Cheques to '**TNT Explosive Sports**'

Bude Junior Shoreline Triathlon 2016 Application Form

How do you wish to compete? **Individual** or **Relay Team** (please circle one only)

Name _____ School Year _____

Age on race day _____ Current School _____ Local Club _____ Boy / Girl

Date of Birth _____ Email address _____

Interesting info for commentator _____

For individual entries circle one from the list below (boys & girls will be in separate categories)

Year 4

Year 5

Year 6

Year 7

Year 8

Year 9

If you have entered as a **relay team** then you can have any mixture of boys and girls from any school year but the oldest child's school year will determine your relay category. Only one form required per team but **every parent must sign**.

What is the school year of the oldest child _____ What is the name of your team _____

Who will do the Swim _____ Cycle _____ Run _____

I declare that to the best of my knowledge my child and any team mates are fit to take part in this event and agree that the organisers are not responsible for any injury, including fatal injury, loss, accident or damage sustained to either my person, my team mates, other members of the public or property as a result of their participation in this event.

signed _____ date _____ (parent/guardian)

Enclose Remittance, Cheques to 'TNT Explosive Sports' and One Self Addressed Envelope