

YOU GOTTA TRI

CIS Triathlon 2019

Friday, 29 March @ 3:30



Do you have what it takes to push yourself to complete a triathlon? The 2019 CIS Triathlon is an event for students in Grades K-5! Individuals and teams of 2-3 are welcome!

The cost is \$12 per athlete and includes drinks, post race snacks, raffle prizes and a participant medal.

Proceeds will go to help Ms. Jayme as she recovers from a concussion injury.

The Distances*

Kindergarten—Grade 1

75m swim / 2 loops bike / 1 lap run

Grade 2—3

150m swim / 3 loops bike / 2 laps run

Grade 4—5

250m swim / 4 loops bike / 3 laps run

*Please note, a “loop” is around the school while a “lap” is around the field.

Please complete the registration form and waiver and return along with \$12 per student.

Register Mon 25 March-Wed 27 March between 7.45-8.15am outside the office.

Entries close Wed 27 March.

If you are interested in volunteering, please contact Ms. Darcy at Darcy.Simcoe@cis.ky

3:00pm Body Marking

3:15pm Race Briefing

3:30pm Race Start!

Cyclists must have a bike, helmet and trainers to participate. Sorry, no scooters!



Hope to see you there!