Dear Parents/Guardians & Students,

MacKillop College has registered 90 students for the Schools Triathlon Challenge on Thursday 19th November @ Bellerive Beach.

You will find detailed in this flyer some important information that you need to be aware of for the day. If you have any issues or queries please do not hesitate to contact me at the College to discuss further.

Triathlon Event Details:

When: Thursday 19th November
Where: Bellerive Beach

**Students will need to arrange their own transport to & from Bellerive Beach**

**Arrival Times:** 8.30am – if bringing your BIKE OR 9am - @ the latest otherwise
**Departure Time:** 2pm (Students can sign out after their event(s) if required, however we encourage all students to stay for the spot prizes & to cheer on their fellow students in their events)

**Cost:** The registration has been covered by MacKillop

**What to Wear:**
Students are to wear full College HPE uniform to and from the Event. If students have any specific triathlon gear they would like to wear to compete on the day that is fine - & the bathers for the swimmers do not have to be MacKillop bathers.

**What to Bring:**
Students will need a cut lunch, snacks and plenty of water. There is a BBQ, fresh water & a coffee van on site also if students want to bring some money to purchase food or drink. If swimming they need to bring the swim cap provided in their triathlon pack as received @ school plus a towel & goggles. They will receive a cap & a drink bottle for participating on the day. Remember you need to bring your bike if doing the bike leg – if you can’t get your bike there please see us in the Gym Office.

Students will need to be aware of their event start times. Please find detailed here the TIMETABLE & Event Distances for the day:

10.00am: Year 7 Boys & Girls INDIVIDUAL EVENT (200m SWIM/6.5km BIKE/1.5km RUN)
10.30am: Year 8 Boys & Girls INDIVIDUAL EVENT (200m SWIM/6.5km BIKE/1.5km RUN)
11am: Year 9 Boys & Girls INDIVIDUAL EVENT (250m SWIM/9.5km BIKE/3km RUN)
Year 10 Boys & Girls INDIVIDUAL EVENT (250m SWIM/9.5km BIKE/3km RUN)
11.45am: Year 7 TEAM S EVENT (250m SWIM/8km BIKE/2km RUN)
12.15pm: Year 8 TEAM S EVENT (250m SWIM/8km BIKE/2km RUN)
12.45pm: Year 9 TEAM S EVENT (300m SWIM/9.5km BIKE/3km RUN)
1.15pm: Year 10 TEAM S EVENT (300m SWIM/9.5km BIKE/2.5km RUN)
Traffic Management Information for Parents to get to the Event:

Clarence City Council has advised there will be major road works happening on Cambridge Road the week of the Triathlons from the Roundabout at Rosny Hill to Bellerive Quay – long delays are expected so please aim to avoid this area the day of the Triathlon.

Transition Flow Map (For Competitors)

Please note: Students have been advised that if they do not show up on the day they will be invoiced for the cost of the entry fee. We are happy to cover all of these costs for sports opportunities out of our budget but we require a strong commitment from our students for this to continue to happen.

Thanks for your support in this matter.

Any issues please don’t hesitate to contact me on one of the contacts provided below.

We look forward to a rewarding & enjoyable day for all involved.

Kind Regards
Fi Geappen (Sports Coordinator)
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