

RAUMATI BEACH SCHOOL

8 March 2010

Dear Parent and Caregivers

INTERSCHOOL TRIATHALON

Your child has expressed an interest in taking part in the Kapiti Interschool Triathlon. This event will be held at Waikanae Pools and in the surrounding area. Children can enter as individuals or Boys/Girls/Mixed teams.

When: Tuesday 16th March 2010
Where: Waikanae Swimming Pool
Time: **Register** at 11:30 **Briefing** at 12:00 **Race Starts** at 12:30

Competitors will run 1.5km on Waikanae Park, starting near the Rugby Club Rooms. They will then cycle 6km along Ngarara Road and Smithfield Road, around a cone and back on the same route. (THE ROADS WILL BE OPEN TO NORMAL TRAFFIC AND NOT CLOSED FOR THE RACE).

A safety helmet must be worn at all times while the competitors are cycling. They will finish with a 150m swim (5 laps of the pool). This is a mixed event and Year 7 and 8 students will race against each other. There will be individual races for girls and boys and team races for girls, boys and mixed. The individual races will start first followed by the team races.

We will need to leave Raumati Beach School at 11:15 am so as to arrive at Waikanae Pool by 11:30 am in time to register. We have initial interest from around 32 children all of whom will need transporting to and from the pools after the race. Please indicate whether you are able to help with transporting the children both to and from the event.

In order to transport the bikes to Waikanae for the cycle leg of the triathlon, we are going to have to hire a van. This works out at \$3.00 per child to cover the cost. Please return the form and the \$3.00 to the School Office.

Thanks

Ian Quilter

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PERMISSION SLIP – INTERSCHOOL TRIATHLON AT WAIKANAЕ POOLS

_____ (student's name) _____ (room)
is allowed to participate in the Triathlon.

- \$3.00 is enclosed.
 \$3.00 paid by eftpos/internet banking/account credit

I am able to help transport _____ children to and from the event.

I am unable to help on this occasion

Any medical conditions (Asthma etc) _____

Signature (Parent/Carer)

Phone