Outram School House Triathlon
Wednesday 26 March 2025
1.00 – 3.00 pm

Dear Parents

Wednesday 26th March, we will be running the Year 3-4 races of our traditional inter-house school triathlon. (NB: Thursday 27th March is Teacher Only Day, a day off for the kids).

- The focus is on an inter-house competition rather than individual competition
- It will be a 'quick fire' event with each race starting at the pool as the bike transitions get away from the race before
- The placings for each race may not be obvious at the finish line but will be known at the recording table
- For everything to happen in the time we have available, we need to be super organised and have everybody ready to start at 1.00 pm – bikes in the right areas, changed into togs, helmets and running shoes ready to go.
- We will need all bikes at school well ahead of the 1.00 pm start and placed in the bike transition area – bikes must be brought by car and not be put on the bus.
- The whole event will run from the grassed area under the birch trees in front of the Beaumaris St entrance pathway – this will be our finish line.

To get the event organised, we need each student to let us know what they want to do – please complete the form below – **these forms must be back at school by Friday 21st at the latest.**

NB: We are supporting all children to compete as an individual rather than a team.

Year 3-4 Event

Swim Leg   Three lengths of the pool – swim, walk, kickboard or any combination of these.
 (Pool exit – shoes on – run to rugby field and bike transition)
Bike Leg   Two circuits of rugby field and back. *(Bike helmet compulsory at transition)*
Run Leg   Exit out Formby St far entrance, along footpath and in through 'mechanics shed'
 Beaumaris St entrance, soccer field, past hall to the finish.

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Year 3-4 Entry

Student's Name:_____   **Room:**_____

☐   Please enter my child in the individual event to complete all three legs. (Expected option.)

☐   Please enter my child in the _____ or _____ legs and

make a team with other students. *(Please use this option only if your child can't complete all legs as an individual.)*

'House' teams and the race order will be organised once all forms are returned – all details will be sent home prior to Wednesday's event.