

DUATHLON



KEITH SPRY POOL

Event Info

Saturday 19th November

Starts 1pm

Option 1

- 800m Run
- 100m Swim

Option 2

- 1.6k Run
- 200m Swim

Option 3

- 2.4k Run
- 400 Swim

Option 4 The Gauntlet

- 3.2k Run
- 1k swim

Event cost \$10 per child

care givers details

First name	
Last name	
Address	
Sign	
Tel number	
Email	

Childs name				Age
Option	1	2	3	4
Childs name				Age
Option	1	2	3	4
Childs name				Age
Option	1	2	3	4
Childs name				Age
Option	1	2	3	4

Office use

Paid by	EFTPOS	Cash	Ammount	\$
Entered	Class	Email	Option	

This Event is for those who can swim. Please make sure your child is happy with swimming in deep water

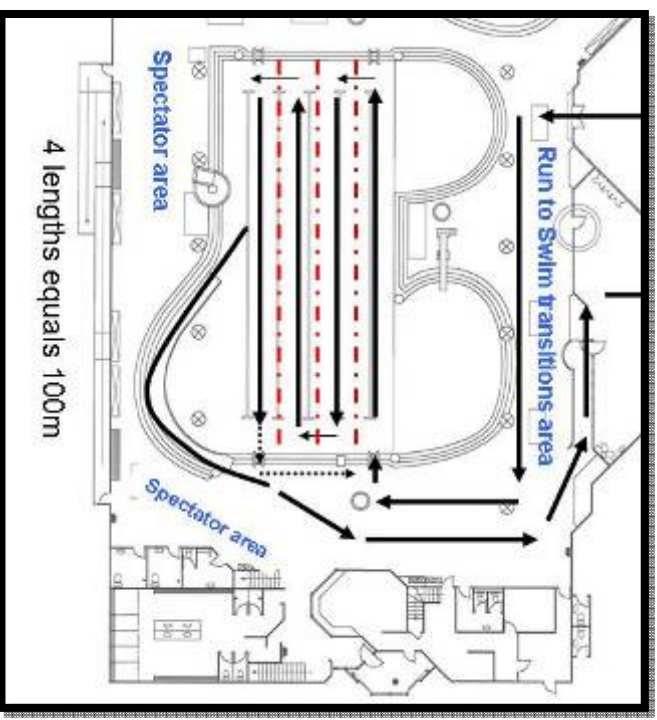
To register on the day please pay by 12pm at Keith Spry pool ONLY

Bookings close on Thursday 17th of November

The reception staff can take your payment.

To enter please fill in this form and return to Karori or Keith Spry pool.

Routes



Information :First Race is at 1pm
Race briefing will be at 12:50pm

Race order. option 1, 2, 3 the 4
Wave start will be done in age order