

JUNIOR SCHOOL AGE TRI

SUN 10TH NOV

NEWCASTLE CITY TRIATHLON

INDIVIDUALS & RELAY TEAMS WELCOME

ONE PERSON SWIMS, ONE PERSON RIDES AND ONE PERSON RUNS

MAKE A DAY OF IT WITH A TEAM MARQUEE & BBQ

EVERYBODY GETS A FINISHERS MEDAL!



COMPETE ALONGSIDE WORLD CHAMPS!

newcastlecitytriathlon.com.au

☎ 0409 684 246 f /sparkehelmoretriathlonfestival

Sponsored by



JUNIOR/SCHOOL AGE TRIATHLON

7-9y 🏊 100M 🚲 2.5KM 🏃 500M

10-11y 🏊 150M 🚲 5KM 🏃 1KM

12-13y 🏊 250M 🚲 5KM 🏃 1KM

14+y 🏊 350M 🚲 10KM 🏃 2.5KM

FOR MUMS & DADS

SPRINT TRIATHLON

🏊 750M 🚲 20KM 🏃 5KM

ENTICER TRIATHLON

🏊 350M 🚲 10KM 🏃 2.5KM

AQUA BIKE TRIATHLON

🏊 750M 🚲 20KM

AUS TRIATHLON