

# 2020 Bude Junior Shoreline Triathlon

**Saturday June 13th, 10.30 am**

## **Summerleaze (Bude) Sea Pool and Summerleaze Downs**

### **Timetable**

8.30 am to 9.30 am Check in and rack bikes, Summerleaze Sea Pool

9.45 am Competitors briefing at Summerleaze Sea Pool

**10.30 am Start Summerleaze Pool**

### **The Course - Same off road course as Last Year**

Can parents please park in Summerleaze Beach Car Park, make sure you buy a ticket, and then walk with your child and their equipment up to the top of the Summerleaze Sea Pool.

Swim in Summerleaze Sea Pool followed by an off road cycle around Summerleaze Downs followed by an off road run around Summerleaze Downs finishing back at the Sea Pool.

### **Useful Information**

- Children divided by school year, Parents will be needed to help out in transitions.
- Children can enter as individuals or as part of a relay team.
- **All entries must be in by June 10th.**
- Medals to all Finishers.
- Wetsuits can be worn for the swim, trainers must be worn for the run, helmets must be worn during the cycle and bikes must be in a safe condition. Off Road Bikes (Mountain Bikes) are recommended.
- Yrs 4 & 5 swim 1 length, cycle 2 lap and run 1 lap.
- Yrs 6 & 7 swim 2 lengths, cycle 2 laps and run 1 lap.
- Yrs 8 & 9 swim 3 lengths, cycle 2 laps and run 1 laps.
- SAE will be used to send you next years application form.

Send entry details plus **1 SAE** and **£30 Relay Team** or **£16 Individuals** to:-

Simon Hammond, 11a Crooklets Beach, Bude, Cornwall, EX23 8NE.  
email [info@shorelineactivities.co.uk](mailto:info@shorelineactivities.co.uk) Cheques to '**TNT Explosive Sports**'

## Bude Junior Shoreline Triathlon 2020 Application Form

How do you wish to compete? **Individual** or **Relay Team** (please circle one only)

Name \_\_\_\_\_ School Year \_\_\_\_\_

Age on race day \_\_\_\_\_ Current School \_\_\_\_\_ Local Club \_\_\_\_\_ Boy / Girl

Date of Birth \_\_\_\_\_ Email address \_\_\_\_\_

Interesting info for commentator \_\_\_\_\_

**For individual entries circle one from the list below (boys & girls will be in separate categories)**

Year 4

Year 5

Year 6

Year 7

Year 8

Year 9

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If you have entered as a **relay team** then you can have any mixture of boys and girls from any school year but the oldest child's school year will determine your relay category. Only one form required per team but **every parent must sign**.

What is the school year of the oldest child \_\_\_\_\_ What is the name of your team \_\_\_\_\_

Who will do the Swim \_\_\_\_\_ Cycle \_\_\_\_\_ Run \_\_\_\_\_

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I declare that to the best of my knowledge my child and any team mates are fit to take part in this event and agree that the organisers are not responsible for any injury, including fatal injury, loss, accident or damage sustained to either my person, my team mates, other members of the public or property as a result of their participation in this event.

signed \_\_\_\_\_ date \_\_\_\_\_ (parent/guardian)

**Enclose Remittance, Cheques to 'TNT Explosive Sports' and One Self Addressed Envelope**