**School Triathlon**

Triathlon Tuesday 2nd July 2019

At East Cheshire Harriers

3.45 – 5 pm

**TEAMS**

Boys and Girls teams are separate.  Each team consists of:

6 people from Year 7 & 8 (Could be only from year 7, only from year 8 or a combination)

6 people from year 9 & 10 (Could be only from year 9, only from year 10 or a combination)

**DETAILS**

* Rowing machines will be situated near the club house.
* Bicycles will be allocated to the schools just before the event. The cycling event will be at the cycling track next to the club house.
* The running will take place in the track.

**PROCEDURE**

The triathlon is a relay event and consists of 2 people rowing one after another, 2 people cycling one after another and 2 people running one after another, e.g. a team of 6.

Each team will be issued with a wrist band to pass on to the next team member.

Rowing

The rowing will be 400 meters each for year 7 & 8 (total of 800 m) and 500 meters each for 9 & 10 (total of 1000m).  The **first cyclist will collect the band** run to the cycling track and complete his lap.

Cycling

The cycling will be 1 circuit of the cycling track each (approximately 1000m each). The first cyclist has to pass the wrist band to the second cyclists who will then complete the circuit. The first runner will collect the band from the second cyclist as they cross the finish line and run to the track to start his 800m.

Running

The running will be 800 meters (2 laps) for everyone.  The band has to be passed from the first runner to the second runner.  The triathlon finishes after the second runner has completed the 800m.

**Timetable** (approximately):

4 pm      Year 7 & 8 girls

4.10        Year 7 & 8 boys

4.20        Year 9 & 10 girls

4.30        Year 9 & 10 boys