



Aldryngton School PTA

Try-a-Tri

Saturday 10th June 2017

What's a Try-a-tri?

It's a fun Triathlon: a 3-in-1 race made up of swimming, cycling and running, open to children in all years from Reception to year 6.

Triathlons first started in 1974 when some friends began to train together in America. After a while they organised a race to see who could complete all 3 over a distance of 142 miles: an Ironman.

Aldryngton PTA Team Triathlon

Our fun event will be much shorter and team-orientated. You only have to compete in the **one** event you're comfortable with: your team mates will do the rest.

Teams must be comprised of three children from within the same section of the school i.e. all from Lower School (including Reception), Middle School, or Upper School.

Teams	Swimmers	Cyclists	Runners
Lower School	3 widths	1 lap ~500 m	1 lap ~350 m
Middle School	5 lengths	2 laps ~1 km	2 laps ~700 m
Upper School	7 lengths	3 laps ~1.5 km	3 laps ~1 km

How do I enter?

Boys and girls can compete in the same team.

The distance you race depends on the year you are in at school:

Please complete the entry form below and return with the fee (£4 per child) to the PTA post box in the office foyer: cash or cheque (payable to Aldryngton PTA) acceptable.

- Please do not pay with cash without an envelope! Please use the correct money if paying with cash: the office staff cannot provide change for PTA events.
- A parent or guardian must sign to give consent to participation.
- Please enter as part of a COMPLETE team only.
- ONE entry per child please: children CANNOT compete in multiple teams.
- **Please return all three forms for a complete team in a single envelope.**

Having trouble finding a team?

Please ask your parent to make use of the 'Parents of Aldryngton' Facebook page to see who else is looking for team mates. Or please email tryatri@aldrvngtonpta.com with 'Try-a-tri teams' in the subject providing the following details: your name & year; the event(s) you are able to do. We will get in touch if we are able to place you in a team.

The PTA will be serving a BBQ with refreshments and drinks for all

On the day: registration

Registration will take place in Mrs Gregory's classroom.

- Please enter the classroom from within the school rather than from the playground.
- There will be different registration desks for teams comprised of a single year group and for mixed year group teams.
- Please try to register as a complete team arriving within your allocated time-slot.

Teams	Registration	Race briefing	Finish times
Lower School	11:00—11:30	11:40	13:30
Middle School	12:30—13:00	13:10	15:00
Upper School	14:00—14:30	14:40	16:00

On the day: what do I need?



Swimming costume/trunks & a towel.

Swimming cap (allocated poolside), own goggles, clothes & shoes that are easy to put on after your swim.



A bike (stabilisers and balance bikes can be used if required) in good condition.

A helmet: no helmet, no ride! The course is flat, on grass & with two skills sections.



A pair of well fitting trainers.

Clothing that is comfortable to run in.

The run is flat, entirely on grass and will be completely post and taped.

On the day: at the finish

The swimmer and cyclist from each team will meet the runner as he or she completes their race.

Then all 3 team mates will race the last 75 metres to the finish line for a photo finish, goodie bag and medal!



Why raise sponsorship money?

Money raised will go to school projects. The teams & individuals raising the most sponsorship money will be awarded house points.

Please return all three forms, for a complete team, in a single envelope with £12 or the entry will be invalid. Please note that the school office staff are not directly involved in this event, any queries to tryatri@aldrvngtonpta.com

Child's full name:

Date of birth:

Male/Female Year Group : R 1 2 3 4 5 6

I am the Swimmer/Cyclist/Runner in a team called.....

withwho is the Swimmer/Cyclist/Runner and

.....who is the Swimmer/Cyclist/Runner

Signature of parent/guardian:.....Email :.....

I do NOT give permission for photographs of my child to be used for publicity purposes

Entries to PTA post box in school office foyer by FRIDAY 19th May