



18 February 2015

Dear Principal:

On behalf of the Trinidad & Tobago Triathlon Federation, we would like to invite your school to participate in our **Multi-Sport Series**. The series in 2015 will comprise of three (3) events; an Aquathlon in March; a Duathlon in April and end with a Triathlon in July.

These events are open to all school children within the Primary and Secondary School system between the ages of 6 and 15, who are nationals of Trinidad & Tobago.

The aim of these events are to:

- To promote the multi-sport among our Primary & Secondary Schools within Trinidad & Tobago
- To present an opportunity for the children to attempt a new sport, while representing their schools
- To promote a healthy competitive spirit among the primary and secondary school participants within Trinidad & Tobago

We look forward to your school's participation and to a day of fair, healthy and enjoyable competition, as we strive to promote multi-sport in schools and by extension in Trinidad & Tobago.

Regards

.....
Karen Araujo

President

Executive Members: Ms. Karen Araujo (President), Mr. Andreas Stuvan (Vice President),
Ms. Keisha Lindsay (Secretary), Ms. Christiane Farah (Treasurer), Mr. Vijay Seejattan
(Assistant Treasurer/Secretary), Mr. Jeremy Francis (PRO)



Aquathlon Summons

Date: Sunday 22 March 2015
Time: 8am to 12 Noon
Elements: Run & Swim
Venue: Flying Fish Swimming Pool/St. Joseph Convent (SJC) Grounds, Federation Park, POS

The Event:

An Aquathlon comprises of a run/a swim/a run.

The race will start on the SJC Grounds, where each age group would run a specified distance. This will be followed by a swim in the 25M pool, distances would be specific to age groups. After which the athlete returns to the grounds to finish with a run, again, distances would be specified by age group.

The age groups & distances are as follows:

Individuals

7 & Under	-	500M Run	25M Swim	250M Run
8 to 9	-	1K Run	50M Swim	500M Run
10 to 11	-	1.5K Run	100M Swim	750M Run
12 to 13	-	2K Run	200M Swim	1K Run
14 to 15	-	2.5K Run	300M Swim	1.25K Run

Relays

Primary	-	1.5K Run	100M Swim	750M Run
Secondary	-	2.5K Run	300M Swim	1.25K Run

Please note that we use the age the child would be as at 31 December 2015. Example: If a child is born in June and will be 14, then they compete in the 14 to 15 category.

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Points System

Points will be awarded to individuals as follows:

1 st	2 nd	3 rd	4 th	5 th	6 th	7 th	8 th	9 th	10 th
100	90	85	80	75	70	65	60	55	50

Points will be awarded to relay teams as follows:

1 st	2 nd	3 rd	4 th	5 th
200	180	170	160	150

Awards

For each individual event – Trophies for 1st; 2nd and 3rd place

For each relay event – Medals for 1st; 2nd and 3rd place

Overall school trophies will be given at the end of the series and will be based on the points earned by the schools. These will be, all boys, all girls and co-ed for both primary and secondary schools.

Entry fee - School Fee - \$50
Individuals - \$30
Relays - \$45

Entries may be submitted to:

1. Email to info@triathlon.co.tt
2. Contact Karen Araujo on 683-3693 for delivery

Contact persons: Please do not hesitate to contact Ms. Karen Araujo at 683-3693 or Mr. Jeremy Francis at 788-8014.

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Entry deadline

All entries must be received by Tuesday 17 March 2015 by 6:00 pm whether via email or by hand. All entries must be submitted with a fee statement. Please note that all fees are to be paid on behalf of all athletes registered to participate in the event and will not be refunded if they are not present on the day of the event.

Changes to entries will be accepted up to 6:00pm on Wednesday 18 March 2015. On this day all entries will be regarded as final. The fee entry statement must have affixed the official school stamp.

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AQUATHLON FEE STATEMENT

School: _____ Phone No: _____

Primary [] Secondary [] {tick one}

Category: Boys [] Girls [] Co-Ed [] {tick one}

Principal: _____

Teacher/Coach in charge: _____ Phone no: _____

E-Mail address: _____

School Team Entry Fee: \$50.00

Individuals:

Relays:

Total: \$

Place School Stamp here:.....

Please make cheques payable to Trinidad & Tobago Triathlon Federation

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