



# TRINIDAD & TOBAGO TRIATHLON FEDERATION

P.O.Box 1694, St. Vincent Street, Port of Spain

Email – [info@triathlon.co.tt](mailto:info@triathlon.co.tt)

Phone – 1-868-683-3693

TRINIDAD & TOBAGO  
TRIATHLON FEDERATION

17 April 2023

## Dear Principal:

On behalf of the Trinidad & Tobago Triathlon Federation, we would like to invite your school to participate in a triathlon, which is the final part of our **Primary Schools Multisport Series**. This event will be held on Sunday 25 June, at the National Aquatic Centre in Couva from 7am.

This event is open to all school children within the Primary School system between the ages of 6 and 13.

The aim of this event is to:

- Promote multi-sport among our Primary Schools within Trinidad & Tobago
- Present an opportunity for the children to attempt a new sport, while representing their schools
- 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

A handwritten signature in blue ink, appearing to read 'Karen Araujo'.

.....  
Karen Araujo

**President**



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## Triathlon Summons

Date: **Sunday 25 June 2023**  
Time: 7am to 11am  
Elements: Swim, Bike & Run  
Venue: National Aquatic Centre, Couva

### The Event:

A triathlon comprises of a swim, a ride and ends with a run. The first race will start promptly at 7:00am.

The race will start in in the pool, where each age group will swim their specified distances. They will then proceed onto the roadway where they will be directed to ride specified distances and they will end with a run in their specified distances

### The age groups & distances are as follows:

#### Individuals

7 & Under	-	25M Swim	700m Ride (2 laps of roundabout)	100M Run
8 to 9	-	50M Swim	1400m Ride (4 laps of roundabout)	200M Run
10 to 11	-	100M Swim	1600m Ride (2 laps of velodrome)	400M Run
12 to 13	-	200M Swim	2400m Ride (3 laps of velodrome)	500M Run

Please note that the “VELODROME” ride loop means that they are riding around the building. The run will be in front of and around the Aquatic Center depending on their distance.

#### Relays

Primary - 100M Swim 1600m Ride 400M Run (same as 10/11 above)

***Please note that we use the age the child would be as at 31 December 2023***

Executive Members: Ms. Karen Araujo (President), Mr. Douglas d’Abadie (Vice President), Mrs. Lola Prieto (Secretary), Mr. Colin Hosein (Treasurer), Mrs. Arlene Hamblin-Paul (Floor Memembr), Mr. Derek Daniel(Past President)



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## Points System

Points will be awarded to individuals as follows:

1 <sup>st</sup>	2 <sup>nd</sup>	3 <sup>rd</sup>	4 <sup>th</sup>	5 <sup>th</sup>
100	90	85	80	75

Points will be awarded to relay teams as follows:

1 <sup>st</sup>	2 <sup>nd</sup>	3 <sup>rd</sup>	4 <sup>th</sup>	5 <sup>th</sup>
50	45	40	35	30

## Reduction of Points

100 points will be debited against the school/s that are caught breaking rules such as:

- Unauthorised persons entering transition when the race briefing or the race is in progress
- Unauthorised persons blocking the athletes’ forward progression by either standing on the race-course or crossing in front of the athlete.
- Persons arguing with officials and volunteer

## Extra Points

An additional 10 points will be awarded as follows:

3 points for every volunteer from the school.

2 points for walking with water for your school.

5 points for keeping your area clean and for having your garbage placed in proper bags for disposal.

## Awards

For each individual event – Medals for 1<sup>st</sup>; 2<sup>nd</sup> and 3<sup>rd</sup> place

For each relay event – Medals for 1<sup>st</sup>; 2<sup>nd</sup> and 3<sup>rd</sup> 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.**

**Entry fee -** School Fee - \$100  
 Individuals - \$50  
 Relays - \$150

**Entries should be submitted to: [tttriathlonfederation@gmail.com](mailto:tttriathlonfederation@gmail.com)**

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## Entry deadline

All entries must be received by **Friday 16 June 2023 by 6:00 pm** via email. 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 Tuesday 20 June 2023.** On this day all entries will be regarded as final. The fee entry statement must have affixed the official school stamp.

## Race Rules

- MUST wear swim caps
- NO bareback riding/running
- Helmet MUST be on and buckled before handling their bikes
- Helmet MUST remain buckled until you re-rack your bike after the ride.
- Helmets MUST sit securely on head during the ride\*\*
- No clip pedals
- NO barefoot running
- NO DRAFTING
- NO ROAD BIKES ALLOWED
- Any other type of bike will be permitted other than the one stated above.
- NO PARENT/AUNTS/UNCLES to run beside athletes
- RELAY RULE – ALL mixed schools MUST have at least 1 girl on their relay teams

\*Schools are responsible for ensuring helmets are properly fitted before the race



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## TRIATHLON FEE STATEMENT

School: \_\_\_\_\_ Phone No: \_\_\_\_\_

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

Principal: \_\_\_\_\_

Teacher/Coach in charge: \_\_\_\_\_ Phone no: \_\_\_\_\_

E-Mail address: \_\_\_\_\_

School Team Entry Fee: \$100.00

Individuals: (\$50 x )

Relays: (\$150 x )

Total: \$

Place School Stamp here:.....

<b><i>For Official Use Only</i></b>	
No of Ind Athletes.....	Amount Received.....
No of Relays.....	Date Received.....

**Please make cheques payable to Trinidad & Tobago Triathlon Federation**



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## ENTRY FORM – PRIMARY

Name of School \_\_\_\_\_

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

Name	Sex M/F	Date of Birth	Age as at 31/12/23

### No of Relays – OPEN – Maximum of 8 teams per school

Boys	Girls	Mixed

Schools are defined by their school population. Example: Dunross is a co-ed school vs Rosary Girls or Rosary Boys (girls only and boys only respectively).

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