



TRINIDAD & TOBAGO TRIATHLON FEDERATION

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

Email – 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 **Secondary Schools Championship Series**. This event will be held on Sunday 25 June, at the National Aquatic Centre in Couva from 1pm.

This event is open to all school children within the Secondary School system between the ages of 11 and 19.

The aim of this event is to:

- Promote multi-sport among our Secondary 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

.....
Karen Araujo

President



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Triathlon Summons

Date: **Sunday 25 June 2023**
Time: 1:00pm to 3:00pm
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 1:00pm.

The race will start in in the pool, where each age group would 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

13 & Under	-	200M Swim	2400m Ride (3 laps of velodrome)	500M Run
14 to 15	-	300M Swim	4000m Ride (4 laps of velodrome & parking lot)	1000M Run
16 & Over	-	400M Swim	6000m Ride (6 laps of velodrome & parking lot)	1500M 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 centre depending on their distance.

Relays

Secondary - 300M Swim 4000m Ride 1000M Run (same as 14/15 above)

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



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Points System

Points will be awarded to individuals as follows:

1 st	2 nd	3 rd	4 th	5 th
100	90	85	80	75

Points will be awarded to relay teams as follows:

1 st	2 nd	3 rd	4 th	5 th
50	45	40	35	30

Reduction of Points

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

- Unauthorized persons entering transition when the race briefing, or the race is in progress
- Unauthorized 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 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.

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

Entries should be submitted to: 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 your bike
- Helmet MUST remain buckled until you re-rack your bike after ride.
- Helmet MUST stay securely on head during the ride**
- NO barefoot running
- NO DRAFTING
- NO PARENTS/AUNTS/UNCLES are to run alongside children.

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

