

TRINIDAD & TOBAGO
TRIATHLON FEDERATION

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

Email – TTTFschoolseries@triathlon.co.tt

18 September 2023

Dear Principal:

Please find attached the summons for the first event of the Trinidad & Tobago Triathlon Federation Primary Schools Multisport Series- Duathlon. This event is scheduled for **Sunday 29 October 2023**.

This event comprises of a run/ride/run and will be held at the e Teck Park, Tamana InTech Park, Wallerfield. **This venue is totally closed off to traffic and we are asking ALL PARTICIPANTS to please arrive before the event starts as we will NOT allow vehicular traffic on the course once the races have started.**

Athletes compete to earn points for their school this is then used to determine the winner for each school category.

Further please pay careful attention to our bike rules for this and all future children's events.

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 within Trinidad & Tobago.

All schools should have a representative that will be the one in charge of registration and any queries the school may have. ONLY that person will be allowed to liaise with the Federation via email (tttfschoolseries@gmail.com).

Regards

A handwritten signature in black ink, appearing to read 'Lola Prieto', with a long horizontal flourish extending to the right.

Lola Prieto
General Secretary



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Duathlon Summons

Date: **Sunday 29 October 2023**
Time: 7:00am to 9:30am
Elements: Run & Ride
Venue: e Teck Park, Tamana Wallerfield

The Event:

A duathlon comprises of a run/ride/run.

All races will be held within the compound of the e Teck Park starting with the older age groups . The relay will be held upon the completion of the race for the youngest age group. Prizes will be distributed at the end of the day.

The age groups & distances are as follows:

Individuals

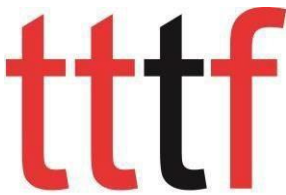
- 12 to 13 - 1K Run 3K Ride 500M Run
- 10 to 11 - 800M Run 2K Ride 400M Run
- 8 to 9 - 500M Run 1K Ride 250M Run
- 7 & Under - 300M Run 700M Ride 150M Run

Relay

- Primary - 800M Run 2K Ride 400M Run

Please note that the age used is the age of the athletes as at 31st December, 2024.

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



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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

NO points will be awarded to relay teams.

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 volunteers

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 – Trophies for 1st; 2nd and 3rd place

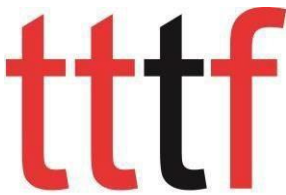
For each relay event – Medals for 1st; 2nd and 3rd place

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.

Entry fee - School Fee - \$150
 Individuals - \$60
 Relays - \$120

Entries are to be submitted by email to ttfschoolseries@gmail.com

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Entry deadline

All entries must be received by 6:00 pm on Friday 20 October, 2023 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.

ALL changes and/or additions to entries will be accepted up to 6:00pm on Tuesday 24 October, 2023. On this day all entries will be regarded as final. The fee entry statement must have affixed the official school stamp.

Race Rules

- No clipless pedals
- No running or riding bareback
- No DRAFTING
- Must always wear helmet when riding
- **NO Road bikes – They will not be allowed**



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DUATHLON 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: \$150.00

Individuals: (60 x)

Relays: (120 x)

Total: \$

Place School Stamp here:.....

<i>For Official Use Only</i>	
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 31/12/24

No of Relays – OPEN -

Boys	Girls	Co-Ed

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). Therefore, all co-ed schools must have teams made up of boys and girls and not all boys or all girls