

Tri Lakeland Juniors 2015

Welcome to a new year of Triathlon our children have been training hard throughout the winter at the Wednesday night running/circuit training sessions and the Saturday swim sessions and we look forward to lighter nights and outdoor running.

As an extension of our training program Tri Lakeland juniors run a yearly miniseries consisting of a number of Triathlon related events aimed at practising the skills the children have developed at training.

The main focus at these events is one of encouragement and fun.

These are held at Netherhall School in Maryport and are just for Tri Lakeland junior members. We also take advantage of other local triathlon club events at Carlisle and Kendal and one further afield at Lancaster.

To ensure we can continue to provide the opportunity of these club events we need as much member participation as possible.

There are 7 events over the series and we would like each member to take part in at least 4 events. **One of the four scoring events must be a Triathlon.** There will be approximately one event per month from March through September which will take place on Saturday or Sunday mornings.

Each event has a race score based on the first Tri Lakeland competitor to finish scoring 100 points and all others having a score calculated by dividing the fastest finishing competitor's time by the placed competitor's time multiply this number by 100 to give a percentage score between 0 and 100.

These points go towards a league for each age category and the best four scores for each competitor are added together to give an overall league position.

Our first event is an aquathon (swim / run) on Saturday 28th March at Netherhall School Maryport. Registration will be from 10am to 10.40am with the first swim wave starting at 11.15.

The race distances are shown below. If children don't want to race their standard distances for their age group then they can always enter the Sprint or Supersprint races which are shorter. **The TS, T1, T2, T3 and Youth races are part of the Tri Lakeland Juniors Mini Series 2015.**

Race entrance fees

- Entries made up to and including 25th March will be £3
- Entries made after 25th March will be £4

Detailed timing for the day of the event, including swim waves, will be issued before race day via e-mail, once all the entrants are known. The whole event should be finished by 1pm.

GROUP	AGE on 31st December 2015	SWIM (18 meter pool)	RUN (600 meter loop)
Tristart (TS)	Age 8 yrs	54m / 3 Lengths	600m / 1 lap
Super Sprint	Age 9 - 16rs	54m / 3 Lengths	600m / 1 laps
Sprint	Age 11 - 16yrs	144m / 8 Lengths	1200m / 2 laps
T1	Age 9 - 10yrs	144m / 8 Lengths	1200m / 2 laps
T2	Age 11 - 12yrs	216m / 12 Lengths	1800m / 3 laps
T3	Age 13 - 14yrs	324m / 18 Lengths	2400m / 4 laps
Youths	Age 15 - 16yrs	396m / 22 Lengths	3000m / 5 laps

When replying with your entry details please let me know if you can help on the day as we will need at least 8 volunteers to help run the event.

We can only continue running the series with your child's participation we thank you for your continued support and look forward to seeing you all at our events throughout the coming months.

Please register for this event as soon as possible by emailing myself, Allan Wedgwood, at Allanwedgwood@icloud.com

Yours in sport

Allan Wedgwood

Andrew Jackson