

Sunday 10th March 2019

Long Event

Run 1.5Km, Bike 22Km, Pool swim 200m, Run 3.5Km

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| ⊗ Individual Senior (Open and Veterans) | \$30 |
| ⊗ Open and Veteran Teams | \$45 |

Short & Back of the Pack Event

Bike 10Km, Pool swim 200m, Run 3.5Km

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| ⊗ Individual Juniors (up to 17yo) | \$20 |
| ⊗ Individual Mini Juniors (12yo or less) | \$15 |
| ⊗ Back of the Pack individual (adults) | \$20 |
| ⊗ Junior Teams (up to 17yo) | \$30 |
| ⊗ Mini Junior Teams (all 12yo or less) | \$24 |
| ⊗ Back of the Pack Teams
(Adults, group or family) | \$30 |

Applications will be accepted on the day and will incur a \$5 surcharge

Prizes

Over \$1000 in prizes

- ⊗ 1st and 2nd Female and Male in all individual categories
- ⊗ 1st and 2nd in all team categories
- ⊗ 1st Local home Male and Female individual (long event)
- ⊗ Spot prizes

Starting Times

- ⊗ The event will commence from the Rutherglen Memorial Hall/Pool complex.
- ⊗ Juniors, Mini Juniors and Back of the Pack (Short Event) - 7:45am Briefing, 8:00am Start
- ⊗ Open Categories (Long Event)- 8:45am Briefing, 9:00am Start
- ⊗ Presentations – Short Event - 10:00am, Long Event – 10:30am

Applications can be submitted online at www.rutherglenrotary.org

For further information contact: Phil Nickson on 0434 185177 or triathlon@rutherglenrotary.org or www.rutherglenrotary.org or <https://www.facebook.com/rutherglenrotary/>

