

PEMBROKESHIRE TRISTARS AQUATHLON [SWIM + RUN]



**Sunday 16th May 2010 at Pembroke
Leisure Centre
First wave 11.00am**

Registration from 9.00am to 10.00am Race Briefing at 10.15am

This event is sanctioned and run under the British Triathlon Federation rules for Children's Triathlon Events.

AGES 8 YEARS TO 16 YEARS

AGE, CATEGORIES & DISTANCES (age at 31st December 2010)

GROUP	AGE	SWIM (m)	RUN (m)
Tristar Start	8	50	600
Tristar 1	9 / 10	150	1500
Tristar 2	11 / 12	250	2000
Tristar 3	13 / 14	400	3000
Youth	15 / 16	400	3000

Entry Fee £13 (This includes a BTF day license. BTF members will have £1 refunded on production of a BTF license) Goodie bag to all entrants.

Closing date: 6th May 2010. Entry forms on Pembroke tri website:

www.pembrokeshire-tri.org.uk