

10 February 2020

Dear Parents / Caregivers

The Christchurch South Intermediate Duathlon will be held on school grounds on Tuesday 18th February 2020. The Duathlon is an individual or team event for all students. The aim is for all students to show The South Way and accept the challenge of completing a multi-sport event.



204 Selwyn Street
Christchurch 8024
Ph (03) 332 2408

The event will be run in the following waves at these approximate times:

- | | |
|---------------------------|--------------------------|
| Assembly | 8:45am |
| • Year 7 teams | 9:40am |
| • Year 7 girls individual | 10:15am |
| INTERVAL | 10:50am – 11:10am |
| • Year 7 boys individual | 11:15am |
| • Year 8 teams | 11:55am |
| LUNCH | 12:30pm – 1:10pm |
| • Year 8 girls individual | 1:15pm |
| • Year 8 boys individual | 1:55pm |

The individual event consists of:

- an 800m run
- a 3km cycle
- another 800m run

The teams event is completed by teams of 2 students, with one completing the two running legs and the other completing the cycle leg:

- the first 800m run
- the 2km cycle
- the second 800m run

Those children wanting to compete as individuals or as the cycle leg of a team must have a bike and helmet at school on Tuesday 18th February.

To ensure all children enjoy the day:

- Shoes and PE uniform must be worn by all competitors
- Helmets must be done up
- Sunscreen must be applied and hats need to be worn while waiting before and after the race
- Students need to bring appropriate food and drink for the day

There is no cost for this event. Parents and friends are welcome to come to school to support participants during the day. If you have any further questions regarding the Duathlon, please do not hesitate to contact the school.

Regards

Cam Angus
Sports Coordinator

Aaron Nixon
EOTC Coordinator