



## Harbour View Elementary

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School District 43 ~ Coquitlam

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### Harbour View Triathlon

Students in Grades 2-5 have been invited to participate in the **Hyde Creek Triathlon** which is on **Sunday, April 27<sup>th</sup>, 2014**. The start time is: 8:20am. Students have started to gather themselves in relay teams of 2 or 3. The early bird registration deadline is: Tues. April 15<sup>th</sup>. The cost for a relay team is \$33. This means that as a group of 3, each child would need to pay \$11 to enter the race. If you have a team of 2 doing the relay, then the \$33 fee would be split between the two participants. *Late registration starts on April 16<sup>th</sup> and goes until Thurs. April 24<sup>th</sup> and it increases to \$45.* There will not be any official training for this event as students have been busy training for the Como Lake Relays and will begin training for track and field soon. Each student is encouraged to train on his/her own before the race so that they feel confident and comfortable with the distances.

The distances and order of the legs of the race are as follows:

1. Swim – 100 m (approx. time to swim 100 m is required on the form)
2. Bike – 4 km ( must bring your own bike in good working condition)
3. Run – 1km

Each relay team is to return one form. Parents must sign the form for their child. Any other required information such as the course map can be found on their website. <http://www.trioevents.ca/home43>.

**If you have questions, please email them to Ms. Jones at [cjones@sd43.bc.ca](mailto:cjones@sd43.bc.ca)**

Ms. Jones will meet with the students on Monday, April 14<sup>th</sup> to answer further questions and begin collecting forms and money. **Cheques are payable to TRIO Sports Events.** She will also meet with the students one or two more times to talk about the transitions from one leg of the race to another. Students are encouraged to wear their Harbour View t-shirts to the race for team spirit! Hope to see many children and parents come out for this fun event. ☺