

## Triathlon Training & Coaching

Bank Holiday Monday 5<sup>th</sup> May 2014.



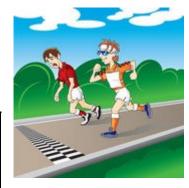
## Go-Tri Kids Aquathon



## Shannon Leisure Centre

from 11am and is open to kids from 6 - 15 years of age.

Age Group	Swim Distance	Run Distance
6-8	Splash	Dash
8-9	150M	900M
10-11	250M	1500M (1.5K)
12-13	350M	25000M (2.5K)
14-15	450M	3500M (3.5K)





\*Splash 'n Dash for 6-8 year olds\*

Registration is open from 9am on the day. Entry fee is 8 euro. Please note if you do not have Triathlon Ireland insurance you can register on the day for a 3 euro fee.

## CONTACT

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