



GoTri.ie

Triathlon Training & Coaching

Bank Holiday Monday 5th May 2014.



Go-Tri Kids Aquathlon



This fun Swim/Run event is being held at

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	2500M (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.

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