



10th February 2020

Dear Parents/Caregivers

Your son/daughter has expressed interest in competing in the NSW All Schools Triathlon Championships to be held on Wednesday, 26th February and / or Thursday, 27 February at the Sydney International Regatta Centre, Old Castlereagh Road #Gate A, Castlereagh, NSW, 2749.

### ORGANISATION:

Event Distances:

<b>Individual Events:</b>	Juniors (12, 13, 14 years)	400 m SWIM	10 km CYCLE	3 km RUN
	Intermediates (15, 16 years)	600 m SWIM	15 km CYCLE	4 km RUN
	Seniors (17, 18, 19 years)	750 m SWIM	20 km CYCLE	5 km RUN
<b>Team Relays:</b>	Juniors	400 m SWIM	10 km CYCLE	3kmRUN
	Intermediates/Seniors	400 m SWIM	15 km CYCLE	4km RUN

**Dates:** Individual events – Thursday, 28th February 2020  
Team Relay events – Friday, 1st March 2020

**Equipment:** **All students competing must bring their own equipment.** It is the responsibility of students and their parents to check requirements and bring the necessary equipment to enable participation in the event/s. Students should also bring their lunch, drinks, snacks and sun/rain protection as deemed appropriate.

**Transport:** **Students are responsible for making their own way to and from the venue.**  
While participation in this event is approved by the NSW Department of Education and Port Hacking High School, it should be noted that no Port Hacking High School staff members will be in attendance on the day/s and therefore students will not be under supervision of PHHS staff on either\* day. Depending on the number of competitors from PHHS in Team Relay events, the school may send a staff member to those events on Wednesday, 1st March. Should this be the case, parents will be so advised and further information will be provided at a later date.

All other information and entry is online and the responsibility of students and parents. To register for this event:

How to enter:

- 1) Please discuss with your son/daughter the contents of this information letter.
  - 2) Look up the event online and read all information, including entry details.
  - 3) Once a decision has been made to enter the event, complete the online entry and payment.
  - 4) The ticket must be printed off and brought to school for Mr Barlow to sight and sign.
  - 5) As this is an approved activity, participation in this event will be entered as "Official School Business" and will not be recorded as an absence
- # Ensure you are aware of all arrangements including travel and registration times.  
# Ensure your Bike is in safe working condition and you have appropriate helmet.  
# When making transport arrangements, consider bike transport.  
# Mr Barlow is available to assist parents with any questions. He will also attempt to assist students with putting together relay teams where required.  
# Mr Barlow can be contacted on 0414217495 or shane.barlow@det.nsw.edu.au

B Hugo  
Principal

S Barlow  
Sports Coordinator

