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School Challenge

Creek Classic Triathlon & Duathlon

Presented by:



www.trioevents.ca

Trio Sport Events presents the Creek Classic Triathlon & Duathlon at Hyde Creek Recreation Centre.

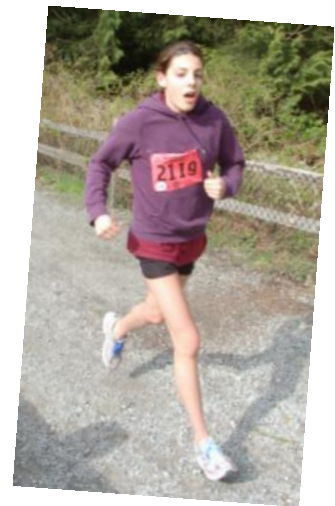


We are challenging all schools in the Tri City area to submit relay teams to participate in the **School Challenge!** There are three separate categories -

Elementary, Middle and High schools.

Why have your students participate in a triathlon?

A triathlon is a dynamic, healthy and a fun way to exercise and stay fit. Today, there are many youth who do not participate in recreational activities out side of school's P.E. programs. A triathlon is a great way for youth to get involved in sports and recreation.



All youth deserve to be active.
Let us provide the venue and the opportunity.



Safety of all participants is our priority; here is how we achieve it:

- Large Check Point Signs for Youth Categories



- First Aid Attendant riding along with each youth age category
- Colour race numbers to distinguish each youth category
- Volunteers along route and in transition area
- Road blocks and detours that

allow participants to avoid traffic

- Established communication with volunteers on routes

Fees / Awards

- \$33 per relay team.
- The more teams your school enters, the more points to accumulate (points are given to teams according to place in the event's final standings).

The school with highest aggregate score takes the School Challenge trophy.



Course information

There are three separate School Challenge categories and distances: Elementary, Middle and High schools.

Swim

25m, 6 lanes pool. Participants swim up and down one lane, switch lanes and continue until reaching the finish.

Distances: Elementary (100m), Middle (200m), High (300m)

Bike

The bike route is along The Poco Trail and the scenic Port Coquitlam dykes, which takes participants alongside the Pitt River. The entire ride is along a picturesque backdrop of the adjacent mountains.

Distances: Elementary (4km), Middle (8km), High (10km)

Run

The final leg of the race! The run takes place on trail and in residential area. There are water stations along the route with volunteers encouraging all athletes along the way!

Distances: Elementary (1km), Middle (2.5km), High (3.5km)



School Challenge Registration Deadline:

Two (2) days prior to event date.

A TRIO representative will be happy to come to your school and pick up all registration forms and fees.

Questions?

Please do not hesitate to contact us. We are looking forward to the opportunity to meet with you to discuss the event in details and to answer all your questions. We would appreciate the opportunity to meet with your PAC group or teachers to explore the possibility of working together to make this event a reality and a success.

Contact information:



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We hope to see your teams on race day!

