



North Kilkenny Pony Club

Invites you to our 3rd **Winter Triathlon** at the

Watershed Leisure Centre Kilkenny on Sunday March 10th 2019

Starting at 8 am. (1st.warm-up at 7.40)

Under the Irish Pony Club Tetrathlon rules

1. Senior Boys Triathlon: Swim 4 minutes, Pistol shoot (10 mtrs) & Run 3000mt.
2. Senior Girls Triathlon: Swim 3 minutes, Pistol shoot (10 mtrs) & Run 1500mt.
3. Junior Boys Triathlon: Swim 3 minutes, Riffle shoot (10 mtrs) & Run 1500mt.
4. Junior Girls Triathlon: Swim 3 minutes, Riffle shoot (10 mtrs) & Run 1500mt.
5. Minimus Boys Biathlon: Swim 2 minutes, Run 1000mt.
6. Minimus Girls Biathlon: Swim 2 minutes, Run 1000mt.

**Rosettes in each phase 1st to 3rd place
and overall placings 1st -6th .**

Enter on www.itsplainsailing.com/club/nkpc Entry list and approximate swim times will be posted on facebook

* Please ensure you are at the Watershed complex 20 min before designated time.

Closing date for receipt of entries Monday March 4th at 8pm.

Enquiries to Yvonne Hoban Club DC 0879375726

Class rules:

Minimus boys and girls Biathlon	U12 on January 1 st 2019	15 euro entry.
Junior boys and girls Triathlon	U15 on January 1 st 2019	20 euro entry.
Senior boys and Girls Triathlon	15 yrs and upwards on January 1 st 2019	20 euro entry.

All competitors must be paid up members of the Irish Pony Club for 2019..