

Indoor Triathlon 30 Minute

DATE: Monday 11th October to
Friday 15th October

VENUE(S): The Fitness Studio,
SBS Events Centre, Morgans Rd,
Timaru

TIME: Each athlete to book a
time

AGE POLICY: 30+

SPORTS FEE: \$15.00 per person

CONTACT: Fitness Studio Staff
Phone: (03) 686 0461

EMAIL:
info@sbseventscentre.co.nz
or Richard 021 156 8711

Indoor Triathlon - 30 minute

Please send this completed sports coupon with the completed Registration Form

South Island
Masters Games
Timaru 2010

Age Groups 30+ 35+ 40+ 45+ 50+
 55+ 60+ 65+ 70+

Event

This is a time based Indoor Triathlon event. Each person will row 10 minutes, then cycle 10 minutes, then run/walk (treadmill) 10 minutes. There is a 60 second transition between each activity. Winning is based on the maximum distance attained through all 3 activities.

The event runs throughout the weekdays (10.30am-3.30pm) of the Masters Games. You must phone 686 0461 to book in for a start time. If you fail to arrive for your scheduled start time you will be disqualified. Numbers are limited.

Concept II rower will be set at level 6. Athletes discretion on True bike and True treadmill.

For more information see www.simasters.co.nz