



# Kids "Obstathlon"

## Short Biathlon / Long Biathlon

### 3:30pm Sunday 29<sup>th</sup> April 2018

### Short Biathlon

#### Run/Swim/Run

- Open to all ages 13 years and over
- Start time 4:15pm
- After the kids Obstathlon come and cheer on the older kids (and kids at heart !) as they tackle the famous Myoora Rd footpath hill climb and learn all about the transition skills of swimming and running.
- Course – 2km run/200m swim/2km run

### Kids "Obstathlon"

#### Run/Obstacle/Swim/Run/Obstacle

- Open to all children 5 – 14 years
- Start time 3:30pm
- A unique event held in the safety of the grounds at Terrey Hills Swim School where you can experience the fun of multisport events.
- Short course option - run/obstacle 650m, swim 100m and run/obstacle 500m
- Long course option - run/obstacle 1km, swim 200m and run/obstacle 750m
- *It's all about fun and experience so we're happy to be flexible (eg. shorter or no swim for younger kids)*

### Long Biathlon

#### Run/Swim/Run

- Open to all ages 16 years and over
- Start time 4:15pm
- The highlight of the afternoon where the parents will show the kids how it's done.....twice !
- Course – 4km run/400m swim/2km run

Event fees \$10 per individual online entry or \$15 on the day

Location - Terrey Hills Swim School, 31 Myoora Rd, Terrey Hills

Go to <http://www.nstc.org.au/> and "Latest News" for more details and online entry