NORTHERN SUBURBS
TRIATHLON CLUB
NSTC

Kids "Obstathlon"
Short Biathlon / Long Biathlon
3:30pm Sunday 14th October 2018

Yes the NSTC Obstathlon and Biathlon is back for the 2018/19 season. Keeping up with tradition of exploring different ways to make multisport activities challenging and fun, we will again be running this unique event for children 5 to 14 years (running, swimming and obstacles !). The event will be held entirely within the safety of the grounds at Terrey Hills Swim School.

In addition to this there will also be a short course biathlon (run/swim/run) for ages 12 years and over and a long course biathlon for ages 14 years and over (Children under 18 will require parental consent). These will include a run up (and down !) the famous Myoora Rd footpath hill climb outside of the Terrey Hills Swim School grounds. **We encourage (expect !) the adults to join in on one of these events to show the kids how it's done and give them some more entertainment after the Obstathlon** !

Also note that it would be appreciated if any adults are able to volunteer as a course marshal or assistant for the kids Obstathlon. You can register to volunteer in the event entry portal (see "How to Enter" below).

Where and When ?

Terrey Hills Swim School – 31 Myoora Rd Terrey Hills

Sunday 14th October 2018 with the kids Obstathlon starting at 3:30pm and short/long biathlons commencing after 4:30pm (after completion of the Obstathlon events).

How to Enter:

Note that this is not a Triathlon Australia sanctioned event (and is NOT a race) and we will providing basic timing services (no race bibs or timing chips) however we will be asking for a contribution to cover the cost of venue hire and equipment:
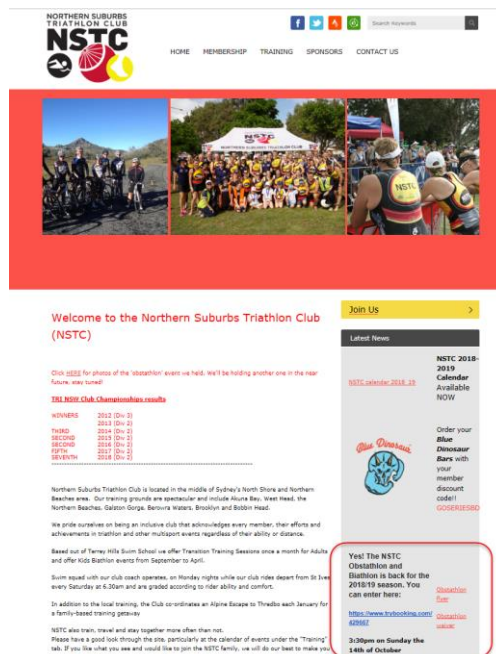
All participants online entry: **$10.00 (per event)**

Entry on the day: **$15.00 (per event)**

To access the online entry portal you can click on the link below:

Or you can go to the NSTC website at http://www.nstc.org.au/ (or click on the screen below) and find the link in "Latest News":
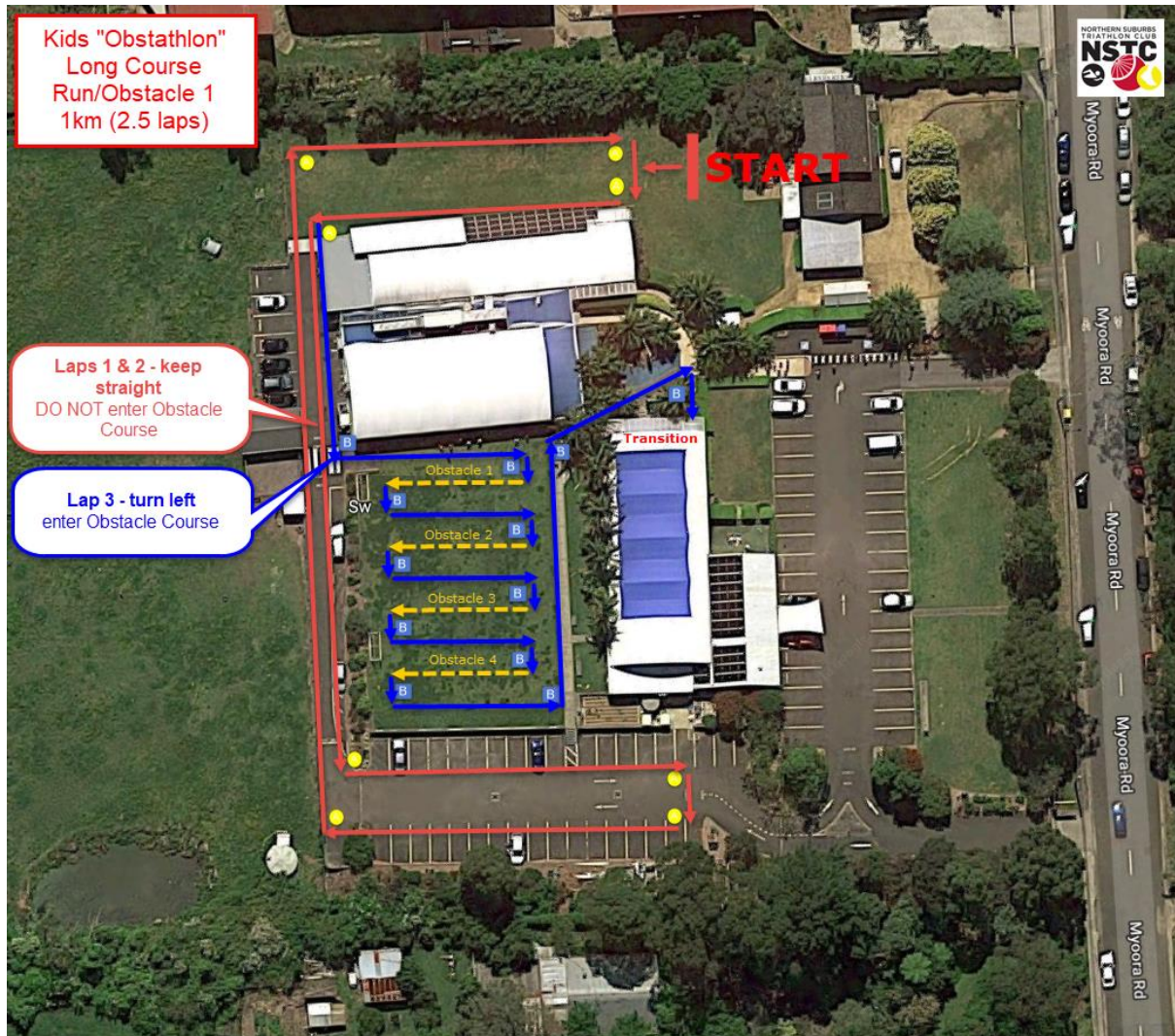
The Courses:

Kids Long Course "Obstathlon"

- Run/Obstacle 1km (2.5 laps)

- Swim 200m (8 laps)

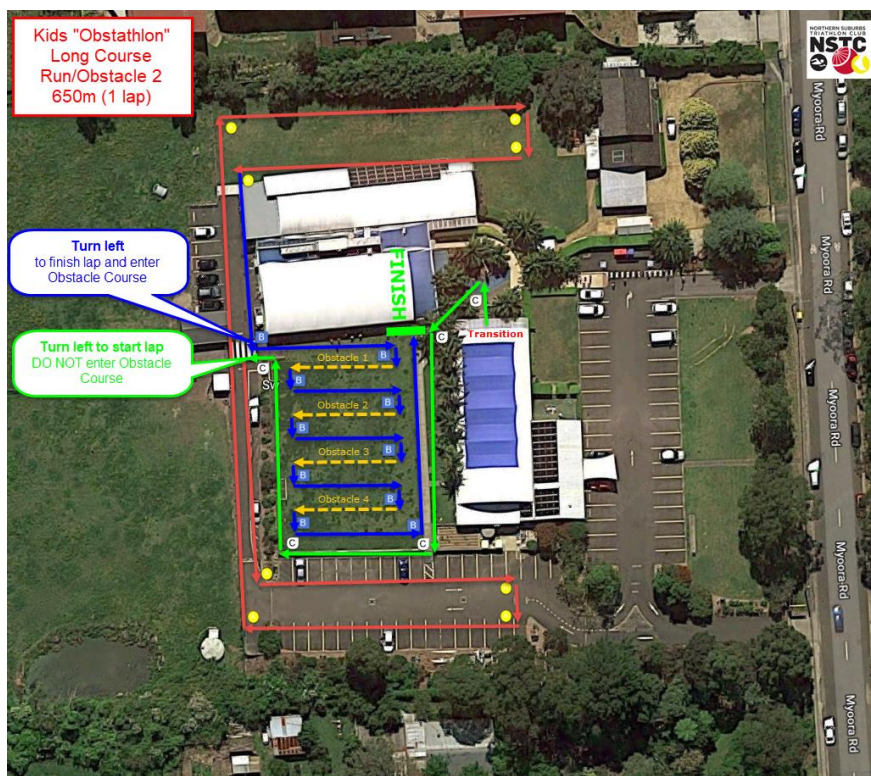- Run/Obstacle 600m (1 lap)
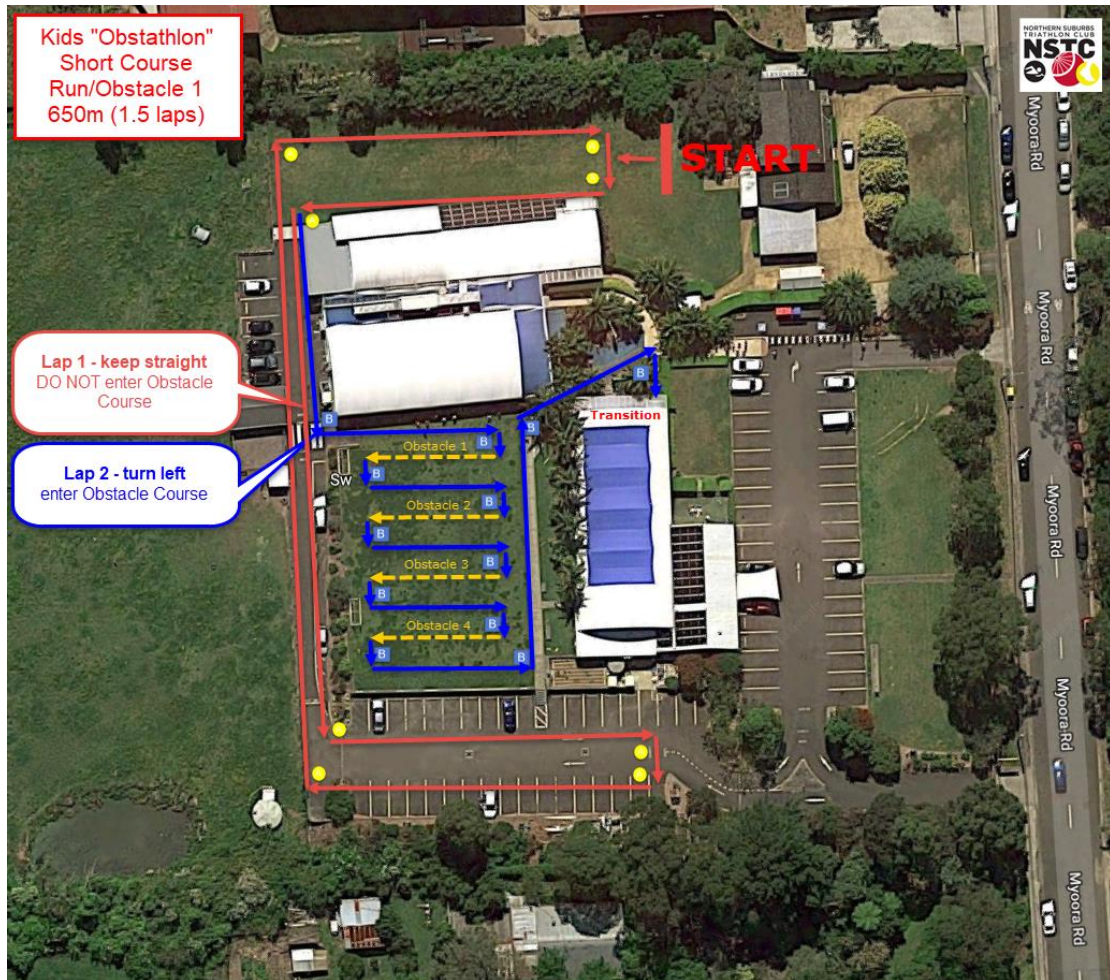
RUN/OBSTACLE LEG 1:

TRANSITION 1:

SWIM LEG:

Kids "Obstathlon"
Long Course Swim
200m (8 laps)
Start - Lane 1
Finish - Lane 4

TRANSITION 2:

Kids "Obstathlon"
Transition

RUN/OBSTACLE LEG 2:

Kids "Obstathlon"
Long Course
Run/Obstacle 2
650m (1 lap)

Kids Short Course "Obstathlon"

- Run/Obstacle 650m (1.5 laps)

- Swim 100m (4 laps) *(Note, Lane 1 will be reserved for swimmers who do not want to do the full distance)*
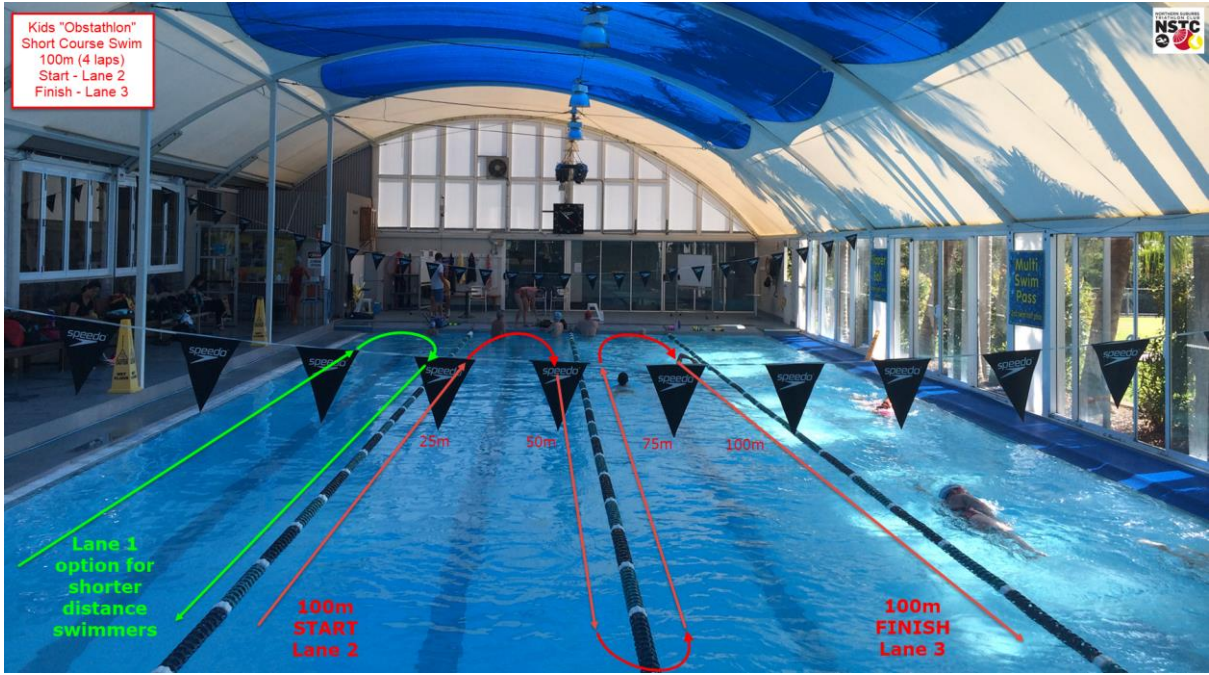
- Run/Obstacle 250m (Run from pool to obstacle course)

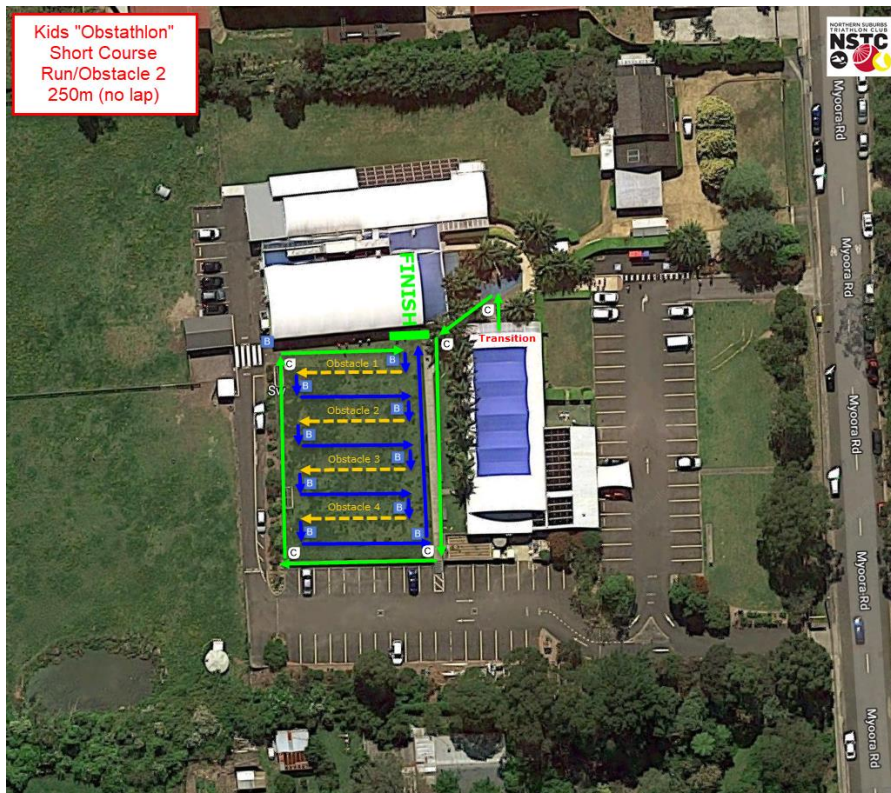**RUN/OBSTACLE LEG 1:**

TRANSITION 1:

SWIM LEG:

TRANSITION 2:

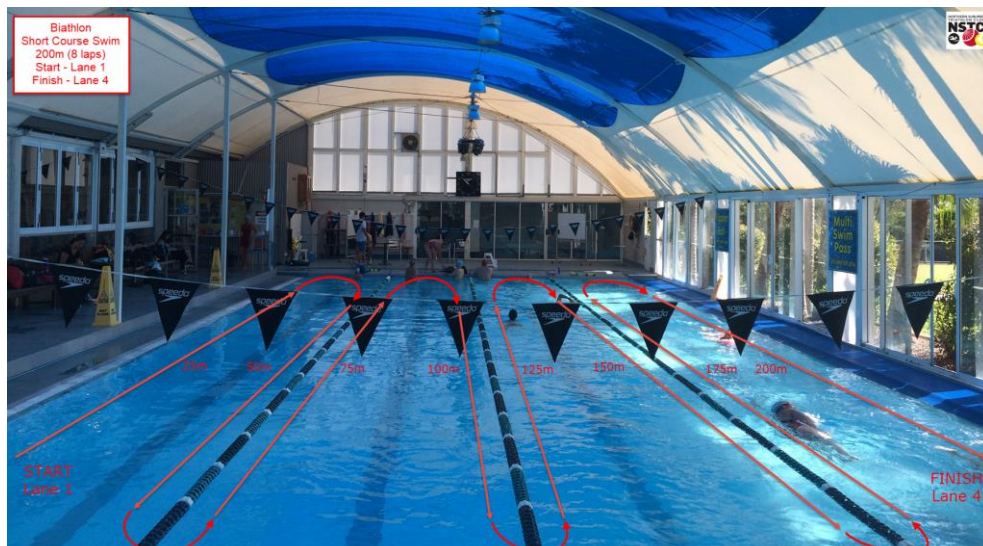**RUN/OBSTACLE LEG 2:**

Short Course Biathlon

- Run 2km (1 lap)

- Swim 200m (8 laps)

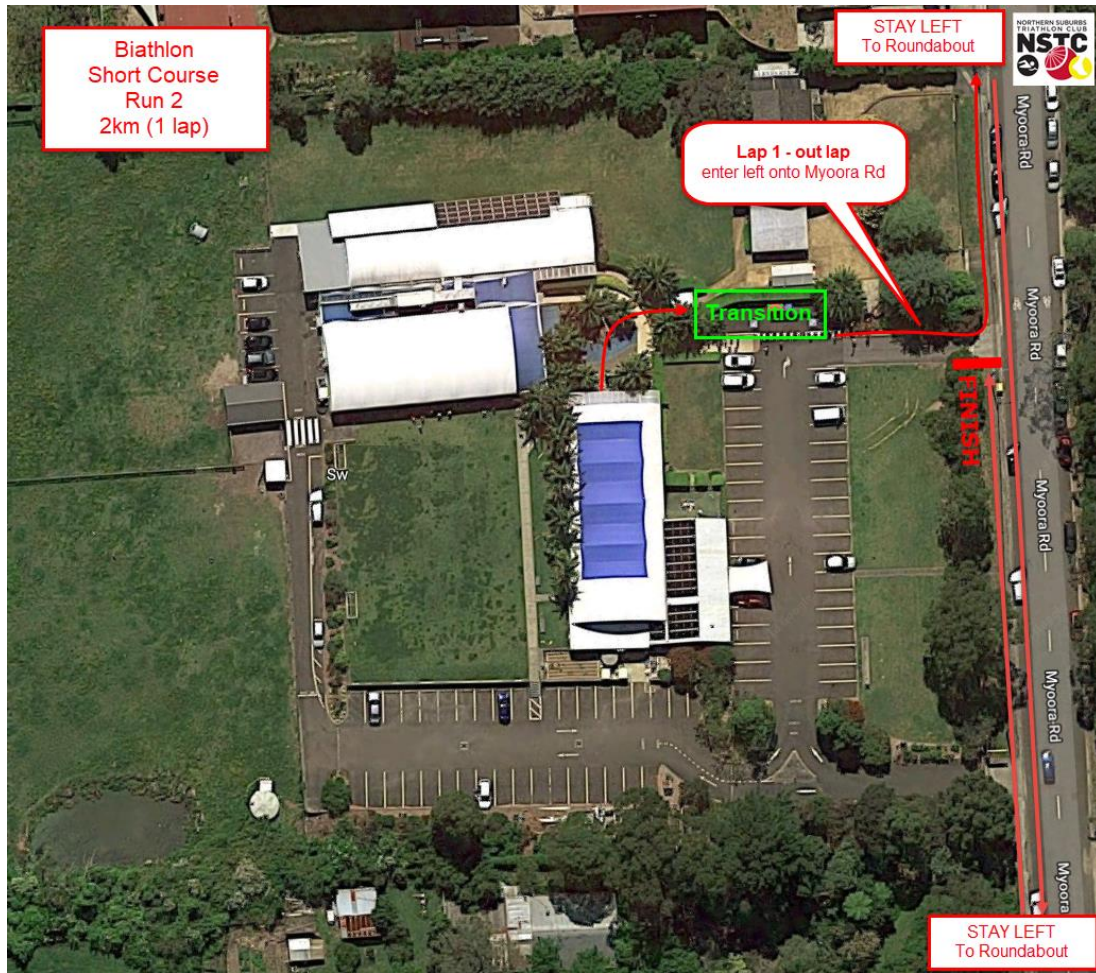- Run 2km (1 lap)
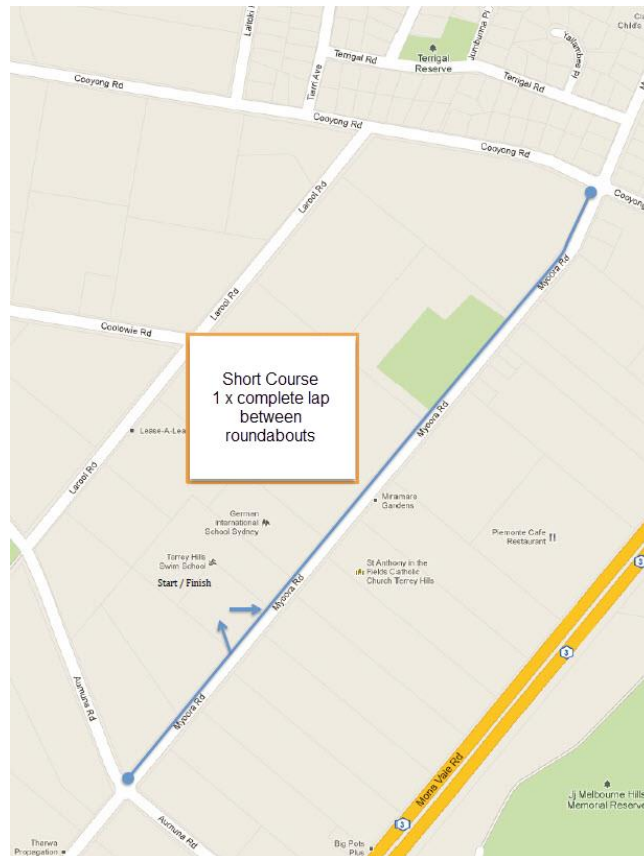
RUN LEG 1:

SWIM LEG:
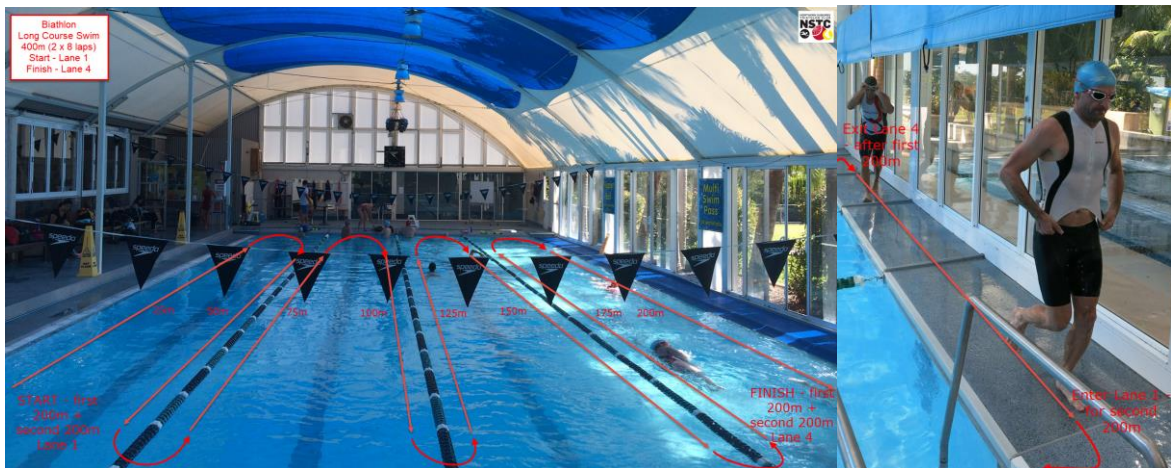
RUN LEG 2:

RUN FULL COURSE MAP:

Long Course Biathlon

- Run 4km (2 laps)

- Swim 400m (2 x 8 laps)

- Run 2km (1 lap)
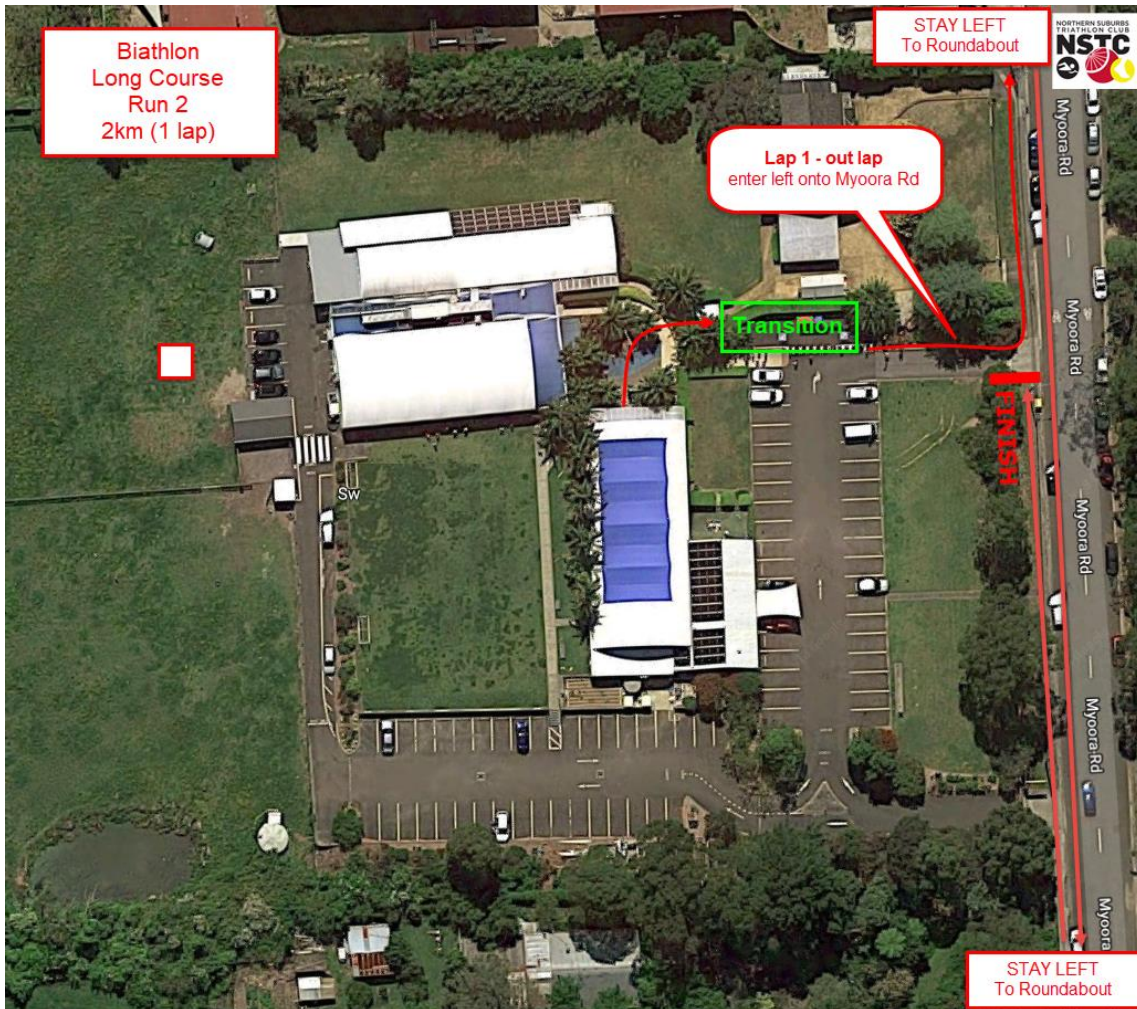
RUN LEG 1:
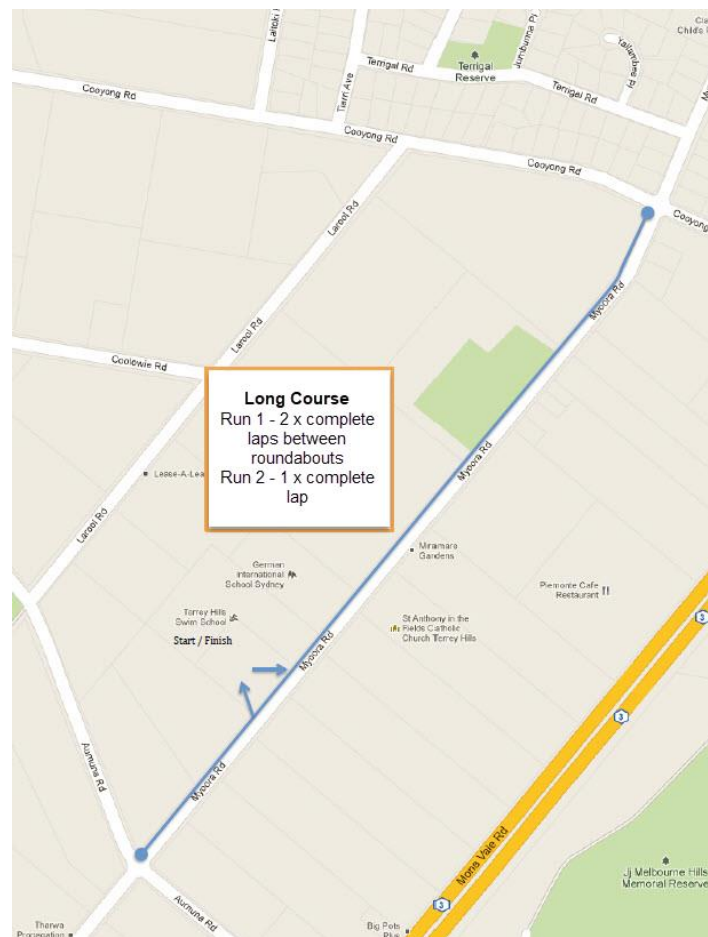

SWIM LEG:

RUN LEG 2:

RUN FULL COURSE MAP:

The Event Plan and Rules:

- **The main objective of the day is to a provide a fun and supportive experience therefore if you do not feel like you can complete any of the legs in your chosen event we are more than happy to be flexible and allow you to shorten or skip that leg (eg. a shorter length swim or not swim at all).**

- **For the Biathlon participants please note that for safety reasons please stay on the footpath when running on Myoora rd. Always stay left of oncoming runners and DO NOT RUN ON THE ROAD !!**

- Given that the footpath is open to the public and we will be clearly visible and representing the club and swim school, any inconsiderate behaviour to the general public will be frowned upon (eg. yelling at other pedestrians, pushing people onto the road).

- This is not a race so we expect to see lots of smiles and imaginative ways of providing support for participants in each event !

Hope to see you all there.