

FIT KIDS

1km run | 200 m swim | 1km run



START TIME:
10:30 am

AGE LIMITS:
MINIMUM AGE: 8 (on 31 December 2018)
MAXIMUM AGE: 14 (on 31 December 2018)

PRIZE GIVING: 13:00
Under 11: Athletes 8 - 10 who are not older than 10 and not younger than 8 on 31 December 2018
Under 15: Athletes 11 - 14 who are not older than 14 and not younger than 11 on 31 December 2018

RULES:
Athletes must run in a t-shirt or top
Athletes must wear a brightly coloured swim cap
Athletes must wear their race numbers on the run course and to cross the finish line

START/FINISH:
At the top of the entrance to the swim.

RUN ROUTE:
The run route follows the circumference of the campsite and will be marshalled. The athletes complete one lap of this course to start the race and one to finish the race.

TRANSITION AREA:
After completing the run route, athletes will prepare for the swim in the transition area. No parents are permitted in the transition area during the race.

SWIM ROUTE:
Athletes enter the swim course at the bottom of the slipway and will be guided by buoys and lifesavers.

