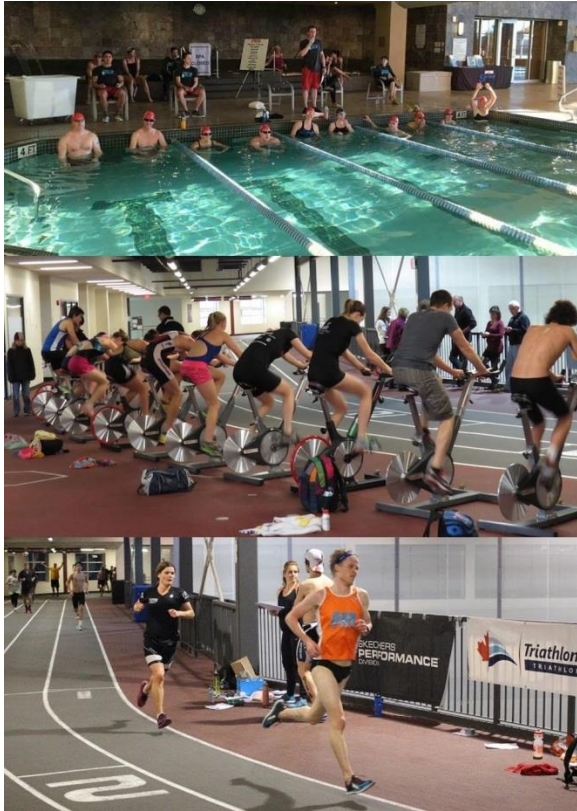


## Indoor Triathlon - School Championships

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Saturday, June 4, 2022 - 9:00 AM – 1:00 PM

MUN Pool & Field House, 17 Westerland Road, St. John's



- Junior Girls (13 – 15)
- Junior Boys (13 – 15)
- Senior Girls (16 – 18)
- Senior Boys (16 – 18)
- Individual champions in each category
- School champions in each category based on teams of three

- Swim 15 minutes, Spin 15 minutes, and Run 15 Minutes (10 minutes each for Junior category)
- Earn points for distance completed - most points wins!
- All you need is swim suit and running kit, or tri suit; swim goggles
- **Registration limited to 100 participants**
- **Registration:** <https://ccnbikes.com/#!/events/indoor-triathlon-school-open>

For more information contact your school organizer or [admin@trinl.com](mailto:admin@trinl.com).

School Organizer: \_\_\_\_\_