



Contact:
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TRIATHALON

SUNCORP NORTH QUEENSLAND GAMES 2010

LAKE PLACID - CAIRNS

SATURDAY 10th APRIL 2010

Individual and Team Entries Invited

Super Sprint	400 m Swim		12 K Bike		3 K Run		
Age Categories	14-15	16-19	20-29	30-39	40- 49	50-59	60 & O

Sprint	750 m Swim		20 K Bike		5 K Run		
Age Categories	**	16-19	20-29	30-39	40- 49	50-59	60 & O

Race Entry	TA Member	Non TA Member
Individual (per athlete)	\$35.00	\$40
Team Entry (per athlete)	\$35.00	\$40
NQ Games Levy (per athlete)	\$10.00	\$10

Race Registration	7.00 am
Race Briefing	7.45 am
Race Start	8. 00 am

Triathlon Nomination form is available online through the North Queensland Sports Foundation Web Site: www.nqsports.com.au

Entry Closes Friday 2nd April 2010

Please Note: Entries will not be accepted after Friday 2nd April.

This race is expected to fill quickly so get your race entry in early

- Medals will be awarded to place getters in each age group Category
- Games levy applies to all athletes
- The correct entry fees must accompany all nominations
- All competitors Must sign the "Participants Agreement"
- The Games Committee reserves the right to alter the program