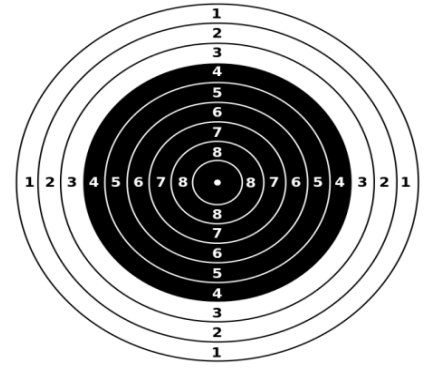




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North Kilkenny Pony Club

4th Winter Triathlon at the Watershed Leisure Centre Kilkenny on **Sunday March 8th 2020**

starting at 8am. (Warm up starts 7:30am). Under the Irish Pony Club Tetrathlon rules

Classes:

1. Senior Boys Triathlon: Swim 4 minutes, Pistol shoot (10 mtrs) & Run 3000mt.
2. Senior Girls Triathlon: Swim 3 minutes, Pistol shoot (10 mtrs) & Run 1500mt.
3. Junior Boys Triathlon: Swim 3 minutes, Riffle shoot (10 mtrs) & Run 1500mt.
4. Junior Girls Triathlon: Swim 3 minutes, Riffle shoot (10 mtrs) & Run 1500mt.
5. Minimus Boys Biathlon: Swim 2 minutes, Run 1000mt.
6. Minimus Girls Biathlon: Swim 2 minutes, Run 1000mt.

New for 2020

7. Fledgling Boys Biathlon: Swim 2 minutes, Run 1000mt.
8. Fledgling Girls Biathlon: Swim 2 minutes, Run 1000mt

Rosettes for each phase Winner and 1st -6th in each Class.

Enter on line @itsplainsailing.ie. under North Kilkenny Pony Club page (February 2020). Entry list and approximate swim times will be posted North Kilkenny Pony Club facebook and Irish Pony Club by March 6th

* Please ensure you are at the Watershed complex 20 min before designated time.

Closing date for receipt of entries Monday , March 2nd at 8pm. **Enquiries to Ailis Holohan 0863058361**

Class rules:

Fledgling Boys and Girls Biathlon	U10 on Januray 1 st 2020.	15euro entry
Minimus boys and girls Biathlon	U12 on January 1 st 2020.	15 euro entry.
Junior boys and girls Triathlon	U15 on January 1 st 2020.	20 euro entry.
Senior boys and Girls Triathlon	15 yrs and upwards on January 1 st 2020	20 euro entry.

All competitors must be paid up members of the Irish Pony Club for 2020