TRIATHLON - PATHWAY

SCHOOL SPORT AUSTRALIA CHAMPIONSHIPS

NSW ALL SCHOOLS CHAMPIONSHIPS

Selections for NSW All Schools Team

Relay teams do not progress beyond this level
This championship also has an award for the Champion School which is the highest pointscore for the carnival

Incorporating NSWCCC Championships

SCHOOL

Individual and/or Relay Team
Relay team must be from the same school

Age Categories

<table>
<thead>
<tr>
<th>Category</th>
<th>Swim Distance</th>
<th>Cycle Distance</th>
<th>Run Distance</th>
</tr>
</thead>
<tbody>
<tr>
<td>Juniors 12, 13, 14 years</td>
<td>400 m Swim</td>
<td>10 Km Cycle</td>
<td>3 Km Run</td>
</tr>
<tr>
<td>Intermediates 15, 16 years</td>
<td>600 m Swim</td>
<td>15 Km Cycle</td>
<td>4 Km Run</td>
</tr>
<tr>
<td>Seniors 17, 18, 19 years</td>
<td>750 m Swim</td>
<td>20 Km Cycle</td>
<td>5 Km Run</td>
</tr>
</tbody>
</table>

Relays:
- (Junior) 400 m Swim 10 Km Cycle 3 Km Run
- (Intermediate/Senior) 400 m Swim 15 Km Cycle 4 Km Run

Students with disabilities can also compete. Please notify the organising committee prior to the event.