

# LONDON YOUTH GAMES 2009

## Triathlon / Aquathlon Team 2009



**TIME TRIALS  
AND TRAINING**  
Come and try out  
for your place in  
the team.



**Wednesday 13 May**

**Goresbrook Leisure Centre**

**4pm - 6pm**

- **TriStar 2** Born between 31<sup>st</sup> Dec 98 and 1<sup>st</sup> Jan 97 (Aged either 11 or 12 on 31<sup>st</sup> December 2009)
- **TriStar 3** Born between 31<sup>st</sup> Dec 96 and 1<sup>st</sup> Jan 95 (Aged either 13 or 14 on 31<sup>st</sup> December 2009)
- **Youths** Born between 31<sup>st</sup> Dec 94 and 1<sup>st</sup> Jan 93 (Aged either 15 or 16 on 31<sup>st</sup> December 2009)
- **Juniors** Born between 31<sup>st</sup> Dec 92 and 1<sup>st</sup> Jan 91 (Aged either 17 or 18 on 31<sup>st</sup> December 2009)

### **LYG Distances**

- **TriStar 2 (11/12)** 200m swim & 1km run (200m swim and 1 lap for trial)
- **TriStar 3 (13/14)** 250m swim & 2km run (250m swim & 1 lap run for trial)
- **Youths (15/16)** 400m swim & 3km run (400m swim and 2 lap run for trial)
- **Juniors (17+)** 400m swim & 3km run (400m and 2 lap run for trial)

There will be a transition area. The trial will run as a continuous event, the run immediately after the swim.

**LYG Competition - Sunday 5 July at  
Crystal Palace National Sports Centre**

For more information please call Emma at Sports Development on 020 8227 3980.

To book a place please complete the booking form on the reverse and send to

Emma Gillan, Sports Development Officer, Sports Development Unit, Goresbrook Leisure Centre, Ripple Road Dagenham RM9 6XW

