



Year 4–6 JPSSA Triathlon – Team Sign Up

We are excited to announce the Year 4–6 JPSSA Triathlon, to be held in Week 5, Thursday 12 November at Guildford Grammar.

Event Details

- **Date:** Thursday 12 November (Week 5 Term 4)
- **Venue:** Guildford Grammar School
- **Start Time & Program:** to be confirmed during Term 4
- **Distances (likely):**
 - Swim: 200m
 - Run: 1.5km
 - Cycle: 3km
- **Training:** Commences Week 2 of Term 4 on Thursday from 7.10am (Prep Oval) and concludes in Week 5. Swimmers are encouraged to sign up to Term 4 Co-curricular Swimming.
- **Coaches:** Mr Thacker & Mr White

Team Format

- Each team consists of 3 students: a Swimmer, a Runner, and a Cyclist
- There will be 3 teams per year level (Years 4, 5, 6)
- Total of 9 competitors from each year level
- Students must sign up as a team — no individual entries will be accepted
- Sign up will be first in via Microsoft Forms <https://forms.cloud.microsoft/r/y0TGBhjf47>

✅ How to Sign Up

1. Gather your team of three
 - (1 swimmer, 1 runner, 1 cyclist all from the same year group).
2. Sign up via Microsoft Forms <https://forms.cloud.microsoft/r/y0TGBhjf47>
 - first in, first served.
3. Sign up from Monday 31 August 7.30am
4. Triathlon teams will be notified of their successful entry

Note: All participants should be competent in their chosen leg of the event. Safety gear (helmets for cycling) is compulsory.