

## CARDWELL UFO FESTIVAL OFF-ROAD RECREATIONAL TRIATHLON

*This is a short distance triathlon suitable for beginners up and from 13 years up.*

**8am Saturday 21<sup>st</sup> October**

**Registrations from 7:15am at the Cardwell Pool.**

SWIM – 300m Adults / 200m Juniors

RIDE – 7km (Suitable off-road bike and approved helmet required)

RUN – 2.5km

FEES - \$20 Adult & \$10 Juniors (13 – 17yrs)

+ MTBA Insurance of \$10 for 19yrs up and \$7 for 13 to 18yrs.

CATEGORIES – MALE & FEMALE – OPEN / OVER 45 / JUNIORS

PRIZES – Adults – Free 2018 CCMC membership

- Juniors – Shirt

- Some random draws