



15<sup>th</sup> October 2019

Dear Parents,

**Key Stage 2 and Secondary Triathlon (Year 3 and above)**

The Physical Education Department at BIS Abu Dhabi is pleased to announce that we are organising our fourth Key Stage 2 and Secondary Triathlon. A triathlon is an athletic event that consists of swimming, cycling and running. The event will be held on **Thursday 7<sup>th</sup> November 2019 at 3.00pm** in conjunction with a picnic. The race will take place in the school main swimming pool at the Falcon Academy and outside the school grounds on the car park area to the right of the Falcon Academy.

Students in Key Stage 2 and Secondary can participate in the event. Students in Year 3 and Year 4 will swim 25m, cycle 1.km and run 600m. Year 5 and Year 6 will swim 50m, cycle 1.5km and run 800m. Secondary students will swim 100m, cycle 1.5km and run 1km. (There is no team event for Secondary)

**Participants will need the following items in order to participate in the event;**

- Swim Hat
- Swimwear
- Goggles (optional)
- Running shoes
- House T Shirt
- Bicycle in good working order
- Fitted Cycle Helmet
- Water bottle

On the day of the event; participants will start in the swimming pool, with a 'wave' start. Official times will be kept by the Mathematics and ICT Departments. All participants will receive a medal and the top 3 will be awarded a trophy at the end of the event. Families are encouraged to bring along a picnic to eat during the event. Ice cream and coffee will be available to purchase on the day.

The cost of the event will be 55 Dirhams, this should be returned to the Falcon Academy office to Mrs Alor with the reply slip below in an envelope marked clearly for Triathlon 2019, with your child's **name and class** by **Thursday 31<sup>st</sup> October**. If you have any queries please let me know by e-mail:

[Gaynor.lowe@bisad.ae](mailto:Gaynor.lowe@bisad.ae)

Yours sincerely

Gaynor Heptinstall – Lowe  
PE Department

---

**Key Stage 2 and Secondary Triathlon Thursday 7<sup>th</sup> November 2019**

I would like my son/daughter to participate in the key Stage 2 and Secondary Triathlon at BIS Abu Dhabi

Name of Student: \_\_\_\_\_ Class: \_\_\_\_\_ House: \_\_\_\_\_ Chest Size **in cm** For T.Shirt: \_\_\_\_\_

Signed : \_\_\_\_\_ (Parent/Guardian) Mobile No : \_\_\_\_\_