



2011-2012 Season
13-15 Skills Acquisition & Performance Indicator Clinic
For TQDS Members Only

Table with 4 columns: Date, Event, Age, Venue and Time. Row 1: 10 September Cairns, Morning Performance Indicator Trial Swim 400m Run 3km, 16-23, RUN Barlow Park, CNR Spence and Severin Street, Cairns, QLD 4868 7.00 - 8.00am, SWIM Woree Pool, Pool Close, Woree QLD 4868 From 9.30am, CYCLE Manunda Cycle Velodrome, Keeble Street, Cairns 12 Noon to 2pm, Specific bike & transition skills workshop for athletes who wish to progress to racing ITU Junior events, Athletes will be placed in ability groups & tailored programs will be delivered to meet their needs.

Athletes must confirm their participation or non-participation in this clinic by returning the acknowledgement slip below by Friday 2 September 2011. There will be no opportunity to enter on the day.



RETURN SLIP for 13-15 year olds in Cairns to attend a Skills Acquisition & Performance Indicator opportunity which includes a 400m Swim and 3km Track Run plus Bike/Triathlon skills clinic.

To Triathlon Queensland Ltd

Time Trials

IDOB.....will be attending the TQ time trials on:

10 September 2011

YES [] NO []

Signature Athlete

Signature Parent/Guardian if athlete is U18

Name Parent/Guardian

Must be received at the TQ Office on or before Friday 2 September 2011

Fax: 3369 9400 Mail: Suite 214, 150 Caxton Street, Milton, Qld 4064 Preferred response is scanned and email to admin@triathlonqld.com.au