

Important Information:

Please arrive **one hour** before your scheduled start time to collect your race pack and prepare for the day as you will need to be outside the swimming pool **20 minutes** ahead of your start time.

Distances and Start Times:

| Year Group | Start Times | Swim | Cycle | Run |
|------------|-------------|------|-------|------|
| Year 3 & 4 | 9am-12pm | 50m | 1000m | 750m |
| Year 5 & 6 | 1-4:30pm | 50m | 1000m | 750m |
| Year 7 & 8 | 12-1pm | 50m | 2000m | 750m |

Please be aware that these start times are intended as a guide only and can change depending on entry numbers.

Directions:

Navigate to Royal Russell School and follow event signage as you approach.

Royal Russell School
Coombe Lane
Croydon
CR9 5BX

What3words: ///plays.clear.catch

Please bring as few vehicles as possible for your group to help with getting you into the event quickly, helping to save parking space and to reduce the event's impact on the environment.

Once you have parked you will be directed to the event site where you will register, drop your bikes in transition and head to the pool ahead of starting the triathlon!