



# Emmanuel Christian School

## Duathlon 2024

### Thursday 29th of August

#### Event:

Duathlon: Thursday the 29th of August

#### Details:

This is a fun event that is focused on participation and being part of a team. All students are put into the team event, made up of two people. One runner and one biker (Yr1-4 can scooter if they don't have a bike) The runner will start and once completed tag their partner to complete the bike/scooter.

Once completed both people will run to the finish together.

Teachers of year 1-4 classes will contact parents if your child needs to bring their bike/scooter and helmet.

#### What to bring:

All students should wear school PE uniform, and **sport shoes**.

Biker/scooter **must bring a helmet**

Drink bottle

#### Organization:

Yr 0-4 students will put their bikes/scooters in the marked out area by the Middle school when they come to school

Yr 5-10 students will put their bikes in the marked out area on the football field when they come to school

#### Schedule

Time	Wednesday
11:15 - 12:30	Year 3/4 Koru 2 Koru 1 Harakeke
LUNCH	
1:30 - 2:30	Yr 5 & 6 Yr 7 & 8 Yr 9 & 10 Individual

#### Mixed Grade Races

We are running races with mixed age groups and gender. All students will be entered into a team event. This is done during school and the classroom teacher is facilitating this. Please see the classroom teacher to check teams.