

7<sup>th</sup> March 2010  
**Kingscliff**  
**Triathlon**



*It's about giving it a go*

*Kingscliff Triathlon is situated in one of the most stunning coastlines in Australia.*

*Swim Ride Run the Tweed Coast*



**Sunday**  
**7<sup>th</sup> March 2010**  
**EVENTS**

*Juniors 7 - 10 years*  
Swim: 100m  
Ride: 3km  
Run: 500m

*Junior Teens 11 - 15 years*  
Swim: 200m  
Ride: 6km  
Run: 1km

*Tempta Triathlon*  
Swim: 300m  
Ride: 8km  
Run: 3km

*Almost Olympic*  
*Individual & teams*  
Swim: 1km  
Ride: 30km  
Run: 8km

*Special Offer*



**NOMINATIONS CLOSE**  
**28<sup>th</sup> FEBRUARY**  
*or once maximum field of 500 reached*

**Kingscliff Marine Parade**

**Prizes:**

*Elite & Open = Prize money & medals*

*Age Division = medals place getters*

*Juniors = medals for all participants*

Enter now at  
**[www.qsmsports.com](http://www.qsmsports.com)**

Presented by



**QSMSPORTS**

RUN . RIDE . SWIM . PLAY

**OFFICE@QSMSPORTS.COM**

**07 3124 6099**

**ENTER NOW**