

IDENTIFYING, ADVISING & DEVELOPING
EMERGING BORDER TALENTS

Talent Identification

Swim and Run Time Trials

for the 2011-12 A-W Triathlon Squad and
the North-East Victoria Triathlon Squad Selection

Sponsored by *Albury Wodonga Triathlon Club* www.alburywodongatriathlonclub.org

16 – 18 Years

(Born in 93, 94 & 95)

Run – 3km or 5km

Swim - 800m or 1km

14 – 15 Years

(Born in 96 & 97)

Run – 2km or 3km

Swim – 400m or 600m



12 – 13 Years

(Born in 98 & 99)

Run – 1.5km or 2km

Swim – 200m or 400m

9 – 11 Years

(Born in 2000, 01, 02)

Run – 800m or 1km

Swim - 200m

No minimum time is required for attending the trials.

Times guidelines available at www.Fab4Fitness.com

Squad training starts on September 2011

Race season starts on November 2011

Albury Trials – Saturday 19 March 2011

SWIM TRIAL: Albury Swim Centre, Albury.

Trials from 8.00am - athletes to be grouped on the day by distance and age.

RUN TRIAL: Albury Athletics Track, Alexandra Park, Albury.

Trials from 3.30pm - athletes to be grouped on the day by distance and age.

If you cannot attend the 19 March sessions, catch up sessions are available on:

Run Trials: Thursday 24 March 4:30pm. - Swim Trials: Saturday 26 March 7:30am.

Confirm with Fabrizio for these sessions.

Program:

7:30am Athletes meeting and swim trial briefing. Albury Pool
7:40am Swim warm-up
7:50am Start first trial group
8:10am Start second trial group
8:30am Start third trial group (only for out of town athletes on application)
9:00-10:00am Athletes selection criteria & time trials briefing. Albury Pool

3:30pm Athletes meeting and run trial briefing. Albury Track
3:45pm Run warm-up
4:00pm Start first trial group
4:15pm Start second trial group
4:30pm Start third trial group (if needed)
5:00pm Trials debriefing

Talent Transfer: Opportunities will be available for talented athletes from other sports who are interested in transitioning to triathlon or participating in triathlon events as cross training for their chosen sport.

For further information on trials please contact:

Fabrizio Andreoni 02 60206042 – 0447 368 245 or info@fab4fitness.com

TRIALS APPLICATION FORM

PERSONAL DETAILS

Name:	
Date of Birth:	Gender: Male / Female
Residential Address:	
Email Contact:	
Phone Contact:	
School:	
Parent(s) Name(s):	
Emergency Contact:	Phone:

COACH DETAILS if applicable (Triathlon, swim, run or other sport coaches)

Coach:	Coach:	Coach:
Coach Email:	Coach Email:	Coach Email:
Coach Phone:	Coach Phone:	Coach Phone:

SPORT DETAILS

Did you compete in a triathlon in 2010-11?	YES / NO
What other sports to do participate?	

PERSONAL BESTS (over the distances you will trial or shorter)

SWIM	Time:	Distance: 1km / 800m / 600m / 400m / 200m
SWIM	Time:	Distance: 1km / 800m / 600m / 400m / 200m
RUN	Time:	Distance: 5km / 3km / 2km / 1.5km / 1km / 800m
RUN	Time:	Distance: 5km / 3km / 2km / 1.5km / 1km / 800m

Please send a note of your intention to participate in the trial to info@Fab4Fitness.com and return this form to PO Box 13 Ebden, Vic 3691 by Wednesday 16 March or bring the form to the trials.