

Capricornia School Sport  
Department of Education  
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## 2025 Capricornia 11-12yrs Aquathlon and 13-19yrs Triathlon Team NOMINATION / SELECTION PROCEDURES

The procedures for the selection of the Capricornia 11-12yrs Aquathlon and 13-19yrs Triathlon Team to participate in the State Championships are as follows.

The selection races will be held as part of the Fitzroy Frogs Triathlon Club event held in Tannum Sands on the 27<sup>th</sup> October 2024 for both the 2025 11-12yrs Aquathlon and 13-19yrs Triathlon teams. Nomination Fees apply as per event. **The selection process will be as follows:**

- 1) Any student wishing to be selected in the 2025 Capricornia 11-12yrs Aquathlon and 13-19yrs Triathlon team **MUST** compete in the Fitzroy Frogs Triathlon Club event held in Tannum Sands using the following link:

<https://my.raceresult.com/309029/info>

### TRIATHLON

**NOTE:** There are no registrations on the day, all participants must have completed their entries by **Thursday 24<sup>th</sup> October 2024**. ALL participants are subject to Triathlon Australia rules and regulations.

**Senior Age group (17/18/19yrs as of 31 December 2025)**  
Sprint – 700m swim, 20km bike, 5km run.

**Intermediate Age Group (15/16yrs as of 31 December 2025)**  
Enticer – 350m swim, 9km bike, 2 ½ km run.

**Junior Age Group (13/14yrs as of 31 December 2025)**  
Enticer – 350m swim, 9km bike, 2 ½ km run.

### AQUATHLON

**NOTE:** There are no registrations on the day, all participants must have completed their entries by **Thursday 24<sup>th</sup> October 2024**. ALL participants are subject to Triathlon Australia rules and regulations.

**Junior Aquathlon (11/12 year as of 31 December 2025)**  
1km run, 200m swim, 1km run.

Entry to these races must be done by the athlete, as per the entry procedures.

<https://my.raceresult.com/309029/info>

Capricornia School Sport is **NOT** responsible for the entry of the student into the event.

- 2) All students wishing to be considered for selection in the 2025 Capricornia 11-12yrs Aquathlon and 13-19yrs Triathlon team must also complete and return the attached **Nomination Form** prior to the race with contact details, the race they have entered by **Thursday 24<sup>th</sup> October 2024**. Nominations received after this date will not be considered.
- 3) Upon receiving this paperwork, the team will then be selected as per the Capricornia School Sport selection guidelines by a panel of selectors after the event has taken place. Students will be notified accordingly after this process has taken place.

Thank you in anticipation of your assistance with this process and we wish all students luck with their selection efforts.

# 2025 11-12yrs Aquathlon and 13-19yrs Triathlon NOMINATION FORM

Student's Name:		Student's School:	
Students D.O.B.		Male / Female	
Student's Mailing Address:			
Contact Phone No:		Parent's Mobile Phone No:	
Parent's Name:		Parent's Email Address:	

## Instructions

Any student wishing to be selected in the 2025 Capricornia 11-12yrs Aquathlon and 13-19yrs Triathlon team **MUST** compete as part of the Fitzroy Frogs Triathlon Club event held in Tannum Sands using the following link:

<https://my.raceresult.com/309029/info>

### TRIATHLON

**NOTE:** There are no registrations on the day, all participants must have completed their entries by **Thursday 24<sup>th</sup> October 2024**. Please ensure that you nominate in the Capricornia School Sport section. ALL participants are subject to Triathlon Australia rules and regulations.

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**Capricornia School Sport is NOT responsible for the entry of the student into the event.**

All students wishing to be considered for selection in the 2025 Capricornia 11-12yrs Aquathlon and 13-19yrs Triathlon team must also complete and return this Nomination Form prior to the race with contact details and the race they have entered by **Thursday 24<sup>th</sup> October 2024**. Nominations received after this date will not be considered. Students will be notified accordingly after the selection process has taken place.

RACE Aquathlon or Triathlon	RACE DETAILS Aquathlon Junior, Intermediate or Senior

## **CERTIFICATION** *(by Student and Parent/Caregiver)*

I certify that this person has entered as listed and the date of birth shown is correct.

*Student Name:* ..... *Parent/Caregiver Name:* .....

*Signature:* ..... *Signature:* .....

*Date:* .....

**Reminder:** All nominations are due to the Capricornia School Sport Office by Close of Business

## Thursday 24<sup>th</sup> October 2024

### Return to:

Capricornia School Sport  
 Email: [capsport@ged.qld.gov.au](mailto:capsport@ged.qld.gov.au)  
 Ph: (07) 4932 4045