



TRY TRIATHLON 9-12

JULY 21-25 & AUG 18-22

AGES 9-12 YRS

SCHEDULE OF ACTIVITIES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Camp Games and Warm Up	Camp Games and Warm Up	Camp Games and Warm Up	Camp Games and Warm Up	Camp Games and Warm Up
Field Sport: Weekly Activity	Field Sport: Weekly Activity	Field Sport: Weekly Activity	Field Sport: Weekly Activity	Biking to Steveston
SNACK	SNACK	SNACK	SNACK	SNACK
Bike to Minoru	Bike to South Arm	Run to UBC Boathouse	Bike to Minoru	DUATHLON! Run and Bike race portion of the triathlon
LUNCH	LUNCH	Bike to Garry Point Park	LUNCH	LUNCH
Minoru Track and Team Building Activity	Swimming at South Arm Pool	LUNCH	Minoru Track and Team Building Activity	Swimming at Steveston Pool
Swimming at Minoru Pool	Camp Activities	Swimming at Steveston Pool	Swimming at Minoru Pool	Camp Activities
SNACK	SNACK	SNACK	SNACK	SNACK
Bike back to Oval	Bike back to Oval	Bike back to Oval	Bike back to Oval	Bike back to Oval

Schedule is subject to change

ITEMS TO BRING TO CAMP:

- Snacks & water bottle
- Hat & sunscreen
- Athletic attire & running shoes
- Lunch
- Bike lock
- Swimwear, towel & a change of clothes
- 2-wheel fully operational bike
- CSA approved bike helmet

Bikes can be stored at the Oval for the week. We are not responsible for lost or stolen bikes.



**RICHMOND
OLYMPIC OVAL**

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