



# TRY TRIATHLON 9-12

## JULY 6-10, JULY 27-31, & AUG 17-21

### 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                                     |
| <b>SNACK</b>                            | <b>SNACK</b>                 | <b>SNACK</b>                 | <b>SNACK</b>                            | <b>SNACK</b>  |
| Bike to Minoru                          | Bike to South Arm            | Run to UBC Boathouse         | Bike to Minoru                          | DUATHLON!<br>Run and Bike race portion of the triathlon |
| <b>LUNCH</b>                            | <b>LUNCH</b>                 | Bike to Garry Point Park     | <b>LUNCH</b>                            | <b>LUNCH</b>  |
| Minoru Track and Team Building Activity | Swimming at South Arm Pool   | <b>LUNCH</b>                 | 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   |
| <b>SNACK</b>                            | <b>SNACK</b>                 | <b>SNACK</b>                 | <b>SNACK</b>                            | <b>SNACK</b>  |
| 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.*



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