



**BEDFORD**  
BOROUGH COUNCIL

Supported by:



# Bedford Junior Aquathlon Swim & Run

Bedford Park & Robinson Pool

Every school year has an individual distance.



### Swim

School Year 2019	Distance	Length or Robinson Pool
Year 3	66 metres	2
Year 4 & 5	133 metres	4
Year 6 & 7	200 metres	6
Year 8 & 9	333 metres	10
Year 10 & 11	400 metres	12

Children are put in the water 10 seconds apart – fastest swimmer first to try to reduce the amount of overtaking. **Please time your children!**



### Run

School Year 2019	Distance	Routes
Year 3	600 metres	1 x Blue route
Year 4 & 5	1.2 km	2 x Blue route
Year 6 & 7	1.9 km	2 x Red route
Year 8 & 9	2.8 km	3 x Red route
Year 10 & 11	2.8 km	3 x Red route

All **results** will be published the following day. Presentation of the winning boys and girls of each age group will be announced at the finishing line after all the races have finished.



For more information please visit [www.bedford.gov.uk/aquathlon](http://www.bedford.gov.uk/aquathlon)