

III PLATINUM FITNESS CHALLENGE

SUNDAY 25 MARCH 2012



COMPETITOR INFORMATION

EVENT DETAILS

Date: Sunday 25 March 2012

Time: 3.30pm

Venue: UWA Claremont Campus Gym, Goldsworthy Road Claremont (access via car park C2)

Rules: The completion rules can be viewed on-line at platinumtkd.com

DRESS AND EQUIPMENT

You will not require any specialised equipment. Wear sports attire and running shoes. There are change rooms and shower facilities on site. Bring a water bottle and your own skipping rope if you have one.

PROGRAM

Arrival: 3.30pm

Registration and competitor briefing: 3.40pm

Events commence: approx. 4.15pm

Awards and Closing: approx. 6.15pm (depending on competitor numbers)

Please arrive on time. You need to attend the registration and briefing in order to compete.

INQUIRIES

Paul Raymond: 0414 534 518

Adeline Cheong: 0414 932 609

Email: platinumtkd@iprimus.com.au



PRE EVENT CHECK LIST

TRAIN HARD

INVITE YOUR FRIENDS AND FAMILY

BRING A WATER BOTTLE



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