



## **2009 IRC – Scotland Squad Preselections**

**The 2009 Inter-regional Championships will be held on Saturday, 12<sup>th</sup> September at Bryn Bach Park, Merthyr Road, Tredegar, NP22 3AY, Wales.**

The following athletes are selected in age categories, as stated:-

### **Boys Aged 13 – 14**

Finlay Rae

### **Boys Aged 15 – 16**

Cameron Milne

Will Johnston

## **Squad Composition**

Age group	Boys	Girls	Distances (approx)
11-12yrs (Tristar 2)	2	2	200m swim / 4km bike / 1800m run
13-14yrs (Tristar 3)	2	2	300m swim / 7.5km bike / 2400m run
15-16yrs (Youth)	3	3	400m swim / 10km bike / 3000m run

**The 2009 IRC Selection Policy Policy can be viewed at <http://www.triathlonscotland.org/performance.php>**