



# SPRINT TRIATHLON

SATURDAY MARCH 9TH, 2024 AT 9 A.M.



## SIGN UP BY FEBRUARY 17TH!

### DISTANCE

- 400 METER POOL SWIM
- SPIN BIKE 10 MILE INDOOR CYCLE
- 2% GRADE 5K RUN ON TREADMILL

**FINISHER MEDALS FOR ALL  
PARTICIPANTS. PRIZES FOR PLACING!**

**MEMBER ENTRY FEE:  
\$50 FOR INDIVIDUAL, \$75 FOR TEAM  
NON-MEMBER ENTRY FEE:  
\$100 FOR INDIVIDUAL, \$150 FOR TEAM**