



**Ascension
Genesys**
HEALTH CLUB

Adult Programs

17th Annual

INDOOR TRIATHLON

Saturday, March 23, 2019

Information: Call Tricia Clark at (810) 606-7518

Entry Fees: \$40 Members
\$50 Non-Members
Add \$5 late fee after Wednesday, March 6th

Heat Times: 8:00 a.m. 9:15 a.m.
8:25 a.m. 9:40 a.m.
8:50 a.m. 10:05 a.m.
**Heat times are subject to change.*

Awards: Prizes will be awarded to the top male and female finishers in age divisions and one team division. Divisions are: under 20, 20–30, 31–40, 41–50, 51–60...*(every ten years)*

Scoring: **Swimming** — 1.5 points per 25 yard length
Biking — 1 point per 0.1 mile
Running — 6.25 points per lap

Notes: There will be a 5-minute transition period between each event. All finishers will receive triathlon shirt. Payment must be made with registration, no reservations accepted! *When entering as a team, 3 different individuals must register at any age or gender. **No refunds are available for this event.**

Entry form **MUST** be turned into the Service Desk *(photocopy as needed)*

Name: _____ **Age:** ____ **Gender:** M F *(please circle one)*
Address: _____ **City:** _____ **State:** ____ **Zip:** _____
Phone: _____ **Shirt Size:** S M L XL XXL **Preferred Time:** _____
(1st choice) *(2nd choice)*

RELAY SIGN-UP

Who Will Swim: _____ **Bike:** _____ **Run:** _____
of Shirts: **Your name:** _____ **Member #:** _____
S M L XL XXL



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