

THE EVENT

- **500 meter/yard swim**
(Men: 500 meter swim
Women: 500 yard swim)
- **16 mile bike ride**
- **5k run**

TRAINING OPPORTUNITIES

Try the course before race day! The cycling and running portion will be covered during the training days, feel free to participate in both or just one of the events. Meet at the front of the Y!

- **July 13th at 9AM**
- **August 24th at 9AM**



REGISTRATION

Race Day Check-In begins at 6:30 AM

Race begins at 8:00 AM

Field size will be limited to 100 registrations. No Race Day entries.

- Registration does not include a t-shirt ***Please see information below**
- Swimmers will be seeded according to estimated swim time.
- Transitions will occur in the YMCA parking lot.
- Bike helmets are required. No helmet no riding.
- Checks payable to **Chambersburg YMCA**. No refunds will be given.



Registration Dates	Individual	Team
March 1-May 31st	\$50.00	\$75.00
June 1-30th	\$60.00	\$85.00
July 1-31st	\$70.00	\$95.00
August 1-31st	\$80.00	\$105.00
September 1-20th	\$90.00	\$115.00
Triathlon Long Sleeve Shirt	\$10.00/Shirt	

Post Race Day Social & Awards

- Following the completion of the race there will be an award ceremony.
- All race participants are eligible for pre race raffles. Must be present to win.
- 1st and 2nd place will be awarded for individual male and female, and masters male and female. Teams placing in 1st and 2nd will be awarded.
- Age awards will go 1st place for 15 and under, 16-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59 and 60+



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Race Directors

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