

THE EVENT

Practices and Procedures for the race day are TBD based on state, local and Chambersburg YMCA mandates.

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



REGISTRATION

*Race Day Check-In time will be announced

Race kicks off at 8:00 AM

Field size will be limited to 50 registrations.

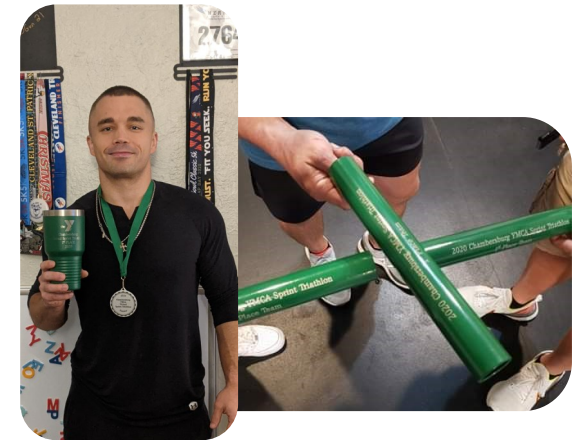
*Registrations limit is subject to change. No Race Day entries.

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



Post Race Day Social & Awards

- Following the completion of the race there will be an award ceremony. *details to come.
- All race participants are eligible for race raffles. Must be present to win.
- 1st place will be awarded for individual male and female, and 1st place masters male and female. Team placing in 1st will be awarded.
- Finisher medals for every participant



Registration Dates	Individual	Team
May 24th -July 18th	\$60.00	\$85.00
July 18th-September 12th	\$90.00	\$115.00
Triathlon Long Sleeve Shirt *Sept 3rd*	\$10.00/Shirt	

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Race Director

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