



GREENFIELDS SWIM CLUB TRI - DU - SPLASH & 5K DASH
989 Jessup Rd., West Deptford, NJ

[EVENT WEBSITE](#) *See for additional info.*

- *Sunday, JULY 28, 2019 – “Rain or Shine”*

[ENTRY OPEN - Click Here to Enter](#)

- **TIMING & RESULTS BY:** LINMARK Sports, Inc. www.linmarksports.com
 - All Events will include on site race day results.
 - All Entrants will have their Results texted to them provided they include their mobile phone number of their entry form.
 - All Results will be posted on-going during event, as entrants finish.

Venue: Pool swim, with bike and run on local roads.
Start and finish at the swim club parking lot area

TRIATHLON: 475 Meter Pool Swim, 13 Miles Bike, 5K Run; **ENTRY FEE: \$49**
DUATHLON: 2 Miles Run; 13 Miles Bike; 5K Run; **ENTRY FEE: \$39**
CHILDREN'S SPLASH & DASH: 200 Meters Swim; & 1 Mile Run for ages 13 and Under:
ENTRY FEE: \$29

5K RUN: ENTRY FEE \$29

LATE RACE DAY ENTRY Opens 6:30 a.m. at the swim club's building entrance

PRE RACE MEETING: 7:15 a.m. prior to the **RACE START AT 7:30 a.m.**

- **See Event Web Site for Course Maps:** [EVENT WEBSITE](#) [ENTRY OPEN](#)
NOTE: Per Event Director – “T-shirt guaranteed if you register before July 22!”



AWARDS: 5K RUN – TOP 3 Males & Females Overall.

TRIATHLON - TOP 3 Males & Females Overall.

DUATHLON – TOP 2 Males & Females Overall.

- **ADDITIONAL INFO.:** Race Director email: GreenfieldsTriRD@hotmail.com