

# 500M Pool Swim • 14 Mile Bike • 5K Run

**DATE** Sunday • May 20, 2018

**TIME** 8:30am Start

**PLACE** The Swimming Hole in Stowe, VT

75 Weeks Hill Road, just off the Mountain Road (Route 108)

## **REGISTRATION FEES**

\$55 - Individual (before May 1st)

\$65 - Individual (on/after May 1st)

\$125 - Team of Two or Three (before May 1st)

\$135 - Team of Two or Three (on/after May 1st)

## **REGISTRATION DEADLINES**

Friday, May 18, 2018 • 8:00am

To guarantee T-shirt entry must be received by Friday, April 20, 2018.

No Race Day Entries

## **QUESTIONS?**

Email jbradley@theswimmingholestowe.com or call 802.253.9229

Registration fees are non-refundable.

Check out our website at www.theswimmingholestowe.com for course maps.

## **EVENT DETAILS**

7:00 - 8:00am Race Packet Pickup • Registration Tent

8:00am Race Meeting • Registration Tent

Check your heat number & lane

8:30am START • Front Door

Pool Swim • 500M, Timed Heats Bike • 14 Miles, Pursuit Format

(Each person will start at the exact time their swim time appears on the main race clock. The main clock will start 5 minutes after the last person exits the pool in the last heat.

If you swam 9:38, then you'll 'start' when the main clock says 9:38)

Run • 5K

## **PRIZES**

Product Prizes to First Male & Female Overall, Top Team Finishers, 1st Place in Each Category and Fastest Male & Female Swimmer.

Awards will follow shortly after the last finisher. Brought to you by these great sponsors, and more...