



# TRIATHLON DUATHLON AQUABIKE YOUTH SPLASH & DASH PARA/ADAPTIVE FRIENDLY



SANCTIONED EVENT



DISTANCES

## SPRINT & SUPER SPRINT

PLUS TEAM OPTIONS  
SPRINT RELAY  
SOCIAL TEAMS

OPTIONAL TRI TRAINING PROGRAM  
APRIL 6 - JUNE 15  
SUNDAYS, 1:00 - 2:00PM



## NEW DATE & NEW LOCATION

SUNDAY

# JUNE 22

EPHRATA, PA

BENEFITING

# IM ABLE

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