

2013 NORFOLK, VIRGINIA

# RETR



TRI SERIES

## Event Distances

SWIM 400 yard snake swim  
BIKE 6 miles  
RUN 3.1K

**Race Starts: 10:00 a.m.**  
(9:30 a.m. pre-race meeting in lot 49)

## Cost for participation:

Early Bird deadline - October 1

\$23 ODU

\$25 Community

After October 1st:

\$27 ODU

\$30 Community

**MUST purchase USAT day license with registration:**

\$12

**Snake Swim:** The snake swim will begin with the fastest swimmer. The next fastest and so on will enter the water at 10 - 15 second intervals. The swimmer will swim the length of a lap then turn on the wall and swim back. When they complete the lap, they then will swim under the lane and enter lane two and proceed the same way. Continue until the distance is completed.

Looking to train for the Triathlon?  
Then check out our Train Like An Athlete  
Program!

For more information, contact  
Tamara Morgan

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# NOVEMBER 3RD, 2013



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Division of Student Engagement  
and Enrollment Services

## Register at Active.com

For more information, go to [odu.edu/recreation](http://odu.edu/recreation)