

2013 NORFOLK, VIRGINIA

RETR



TRI SERIES

Event Distances

SWIM 400 yard snake swim
BIKE 6 miles
RUN 3.1 miles

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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Recreation & Wellness
4700 Powhatan Ave Suite 1207
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757-683-3384
Division of Student Engagement
and Enrollment Services

Register at Active.com

For more information, go to odu.edu/recreation