LAZY MAN TRIATHLON

July 29 – August 30, 2024

*Drop completed form off at Town Office or email to recreation@townofbiggar.com by September 5, 2024 for your chance to win a prize.

Name: _____

Email: _____

Phone Number: _____

Full Distance:

Swim: 3.8km = 152 lengths*

Bike: 180km

Run/Walk: 42.2km

Half Distance:

Swim: 1.9km = 76 lengths*

Bike: 90km

Run/Walk: 21.2km

(*Length = wall to wall in 25m pool)

Swim

Date	Distance

Date	Distance

Bike

Date	Distance

Date	Distance

Run/Walk

Date	Distance

Date	Distance