



Swim Row Go!

Swim Row Go! Annual **indoor triathlon** hosted by the **University of Toronto Triathlon Club** and the Athletic Centre

Date: **Sunday, January 28th**, 2018 at the Athletic Centre (55 Harbord Street)

Description:

- Timed swim in 50 m pool (15 min), row on erg machines (8 min), and run on the indoor track (15 min)
- Check-in opens 8:15 am @ AC Lobby (first wave starts at 9:00 am)
- Students race against other students as part of the University Multisport Series while non-students compete in the Open Division
- Food & prizes after the race (approx. 12:45 pm)

Registration:

Register at the AC Office (ask for 'Triathlon Event' or barcode 47696) or online at recreg.utoronto.ca and search barcode 47696. Online registration deadline is **Wednesday, January 24th**, 2018.

Cost:

For U of T Triathlon Club Members and U of T students it is \$10. For non-members it is \$30.

Relay option available: Register as a group of 3 (\$10 each) - compete in 1 sport each

Race day registration will be available at an increased cost if spaces are not filled (\$20 for members, \$40 for non-members).

For more information, contact uofttriathlon@gmail.com