



# LifeSprint Triathlon & MiniSprint

Sunday, September 25, 2005  
Mandan Community Center  
Registration: 7:30 a.m.  
Adult Race Begins: 9:00 a.m.  
Youth Races: 10:30 a.m.

Adult Categories: Ages 15-up  
Individual (A) and Teams (B)  
*Also: Elite (E), Clydesdale (C), and Athena (A) categories*

Swim: 500 yards  
Bike: 13 miles  
Run: 3 miles

Children/Youth Categories:  
Individual (A) and Teams (B)

Mini Sprint: Ages 7-10

Swim: 100 yards  
Bike: 3 miles  
Run 1/2 mile

Ages 11-14

Swim: 200 yards  
Bike: 6 miles  
Run: 1 mile

Visit our website at: [LifeNets.org\Mandantriathlon](http://LifeNets.org\Mandantriathlon)

FOR MORE INFORMATION EMAIL PAM REDLINE AT  
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