

# DUATHLON FUNDRAISER (2025)

Registration Fee \$25

## Overview

The event includes a swim and run by age group, with timing from the swim start to the run finish. Age groups may be mixed gender but scored separately. Any stroke is allowed; freestyle is fastest. Participants must swim and run unassisted but may rest as needed. Awards follow each age group.

- Registration fee includes a race t-shirt (*not counted towards sponsor donations*)
- Everyone gets a participation ribbon
- Top 3 in each age group and gender receive medals
- Top 3 fastest swim team times go on the Duathlon record board
- Special prize for top swim team fundraiser!

## Age Groups (Girls/Women, Boys/Men) & Races

	Swim (yards)	Run (yards)	Total Distance (yards)
Swim Team 6 & Under	25 (1 lap)	736 ( <i>approximately .4 miles</i> )	761
Swim Team 7 – 8	25 (1 lap)	736 ( <i>approximately .4 miles</i> )	761
Swim Team 9 – 10	75 (3 laps)	736 ( <i>approximately .4 miles</i> )	811
Swim Team 11 – 12	125 (5 laps)	736 ( <i>approximately .4 miles</i> )	861
Swim Team 13 – 14	175 (7 laps)	736 ( <i>approximately .4 miles</i> )	911
Swim Team 15 & Over	225 (9 laps)	736 ( <i>approximately .4 miles</i> )	961
Dolphins: LWSTC Membership Ages 6-18	25 (1 lap)	736 ( <i>approximately .4 miles</i> )	761
Minnows: Swim Team Parents & LWSTC Membership Adult 19& Over	25 (1 lap)	736 ( <i>approximately .4 miles</i> )	761
Sharks: Swim Team Parents & LWSTC Membership Adult 19 & Over	125 (5 laps)	736 ( <i>approximately .4 miles</i> )	861



*If we reach our \$5,000 fundraising goal, participants will receive a special sweet treat! Those who did not participate will have the option to purchase one.*