



Join Us for the
1st Annual
**RED, WHITE
& BANG!**
Kids Triathlon
Labor Day, Monday
September 6th

All proceeds go toward
the Lawrence Township
July 4th Fireworks!



Ages 6-15 (Based on participants age the day of the race)

6-9 yrs.
50 meter swim
2 mile bike
.75 mile run

Check-in by 9:30am 10am Race Start

10-12 yrs
100 meter swim
2 mile bike
1.5 mile run

Check-in by 7:30am, 8am Race Start

13-15 yrs.
200 meter swim
2 mile bike
1.5 mile run

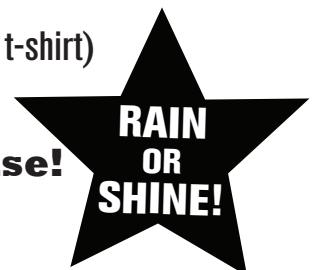
Swim at Lawrence Swimming Association, Bike in Village Park, Run around Lawrence Elementary School



Entry Fee \$25 (All participants will receive a race t-shirt)

NO DAY OF RACE ENTRIES PERMITTED!

Limited to 200 participants, no teams please!



All entry forms must be submitted to the
Lawrence Township Recreation Dept. on or before **August 23rd.**

Forms and entry fee can be mailed or dropped to the Lawrence Township Recreation Dept.
2207 Lawrence Road, Lawrence Township NJ 08648

**For Entry Forms, Sponsorship Opportunities & More Info, go to
www.lawrencetwp.com/rec.html or stop by the Recreation Department!**