



# Important Dates for the 2020 Triathlon

Girls Ages 8—14

<b>Registration</b> On our website	<b>Sunday, March 15</b> Open Registration	<b>Sunday, May 10</b> Close Registration
<b>Swim &amp; Bike Lessons and Practice</b>	<b>Sundays, April 5, 19, 26 and May 3, 10 (11am - 1pm)</b> 30 minute sessions. Participants can both swim and bike. We will offer swim lanes for lessons and to practice swimming. <b>Must be registered to participate</b>	
<b>Parents Meeting</b>	<b>Thursday, May 21, 6:00pm</b> Mandatory Parents Meeting (participants are welcome) Required forms will be completed at this meeting	
<b>Kick-Off Celebration!!</b>	<b>Sunday, May 31, Noon - 4:00pm</b> Distribution of needed equipment Bike Safety Checks AND Bike and Swim Skills Assessment <b>PARTY!!!!!!!</b>	
<b>Weekly Practices</b>	<b>Thursdays, June 4 - July 30, 6:00pm - 7:45pm</b> 8-Week Junior Triathlon Program      No practice on July 2	

**Sunday, August 2**  
**RACE DAY!**



Contact Information: [ironhawkjuniors@gmail.com](mailto:ironhawkjuniors@gmail.com)

<https://ironhawkjuniors.org/>

Updates will be posted on our website, our Facebook page, and on Instagram

