

# **Aquatic and Fitness Center Sprint Triathlon Relay!**

The Aquatic and Fitness Center is hosting a Sprint Triathlon Relay on Friday July 21st. Teams of three will compete to finish the sprint as quickly as possible. All 3 team members will begin their event at the same time. AFC staff will monitor and track time and the team with the fastest finish will win! Prizes will go to the top 3 teams.

Swim – 20 lengths

Bike – 12.4 miles

Run – 3.1 miles

All events will be done at the Aquatic and Fitness Center on predetermined equipment/swimming lanes. Contact Patrick Flynn for more info @ 843-281-3745 or simply stop by the fitness desk.