

# Green-Fields Swimming Club

20th Annual Triathlon, Duathlon, 5K,  
and Kid's Splash & Dash (13 and under)

Sunday, July 30, 2023

Register at: [www.runsignup.com/GreenfieldsTri](http://www.runsignup.com/GreenfieldsTri)

Race Day Registration starts at 6:30 AM at pool



## Triathlon—\$49

\* 475 meter swim \* 13 Mile Bike \* 5 K Run



## Duathlon—\$39

\* 2 Mile run \* 13 Mile Bike \* 5 K Run



## Splash & Dash—\$29

\* 100 meter swim (4 lengths) \* 1 Mile run

## 5 K Run —\$29

Single Start Time (rain or shine) for Tri, Du and 5K Events —7:30 AM

Splash and Dash Start approx. — 10:00AM

5K Awards approx. — 9:45 AM

Triathlon, Duathlon & Dash Awards approx. — 10:45 AM



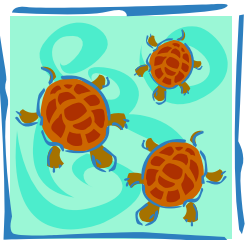
Also can use QR code to left or online through  
[www.tnteventmanagement.com](http://www.tnteventmanagement.com)

**Registration prices increase \$1 per week after 18 Jun**

Any questions or concerns, please contact the Greenfields  
on-site race director at [GreenfieldsTriRD@hotmail.com](mailto:GreenfieldsTriRD@hotmail.com)

Event Day registration (30 July) is allowed if space is available.

No T-Shirt guarantee if registered after Saturday, 22 July



Green-Fields Swim Club—Home of the Turtles—is located on  
989 Jessup Road, West Deptford, NJ, 08086.

Race info and directions to club are available on-line @ <http://green-fieldsswimclub.org/>