

The TJCC Stingray Swim Team invites you  
to their 2nd Annual...



A continuous swim/run competitive event for all ages 6 through 99! Held on various Sundays in March, April, and May! A series of three biathlons with awards for all around competitors. Great for triathletes (beginning to advanced), cross-training, lap swimmers, and runners!

**Dates\*:**

- Sunday March 21, 2010 (Race start 10:30 am)
- Sunday, April 25, 2010 (Race start 10:30 am)
- Sunday, May 10, 2010 (Race start 9:30 am)

\*Anyone who competes in all three dates will receive a FREE T-Shirt.

**Course Distances (Choose one):**

- 200 swim with a  $\frac{3}{4}$  mile run
- 800 swim with a 1.5 mile run
- 800 swim with a 3 mile run

**Race Entry Fees \*\*:**

\$10 JCC Member  
\$15 Non-Members  
\$20 Relays

\*\*All proceeds go to the TJCC Youth Swim Team

Register early at the  
Sports & Fitness Desk  
before race day or race  
day from 8:30-9:30 am



**TUCSON JEWISH COMMUNITY CENTER**

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