



Get ahead in the water
OPEN WATER SWIM



The Woodlands Township

www.thewoodlandstowship-tx.gov
www.thewoodlandstowship-tx.gov/races



Official Sponsor

Swim Information:

Prepare for a sprint or distance triathlon by swimming a short or long course in Lake Woodlands. The short course is approximately 500 meters and the long course is approximately 1.2 miles. Be aware the course is not the same used on race day. This is not a class; there will be no instruction, just swimming.

Where/When: Northshore Park, 2505 Lake Woodlands Dr. 77381

Saturday, April 30th

Long Course 7 – 9:20 a.m. *Last Swimmer must enter the water by 8 a.m.*

Short Course 9 – 11 a.m. *Last Swimmer must enter the water by 10 a.m.*

Sunday, May 1st

Short Course 9 – 11 a.m. *Last Swimmer must enter the water by 10:45 a.m.*

Registration: You can register on line at our Web site, by phone at 281-210-3950 or in person at The Woodlands Recreation Center \$35 **CB&I Triathletes receive a \$30 discount for the short course*

OPEN WATER SWIM CLINIC

In this clinic you will receive training materials and tips for completing the swim successfully. All levels of athletes welcome! (ages 14 and older).

Great for 1st time Triathletes.

Fee: \$25/\$35

Must pre-register

The Clinic will be led by TJ Fry, owner of Swim Shops of the Southwest, an Ironman, Former Professional Triathlete

FIRST TIMER'S REVIEW & SWIM

Participants will receive basic fundamentals to successfully race in a sprint distance triathlon along with checklist for participation in a sprint triathlon.

Fee: \$30/\$35

Must pre-register

The First Timer's Clinic will be led by Sandra Sutherland, USA Triathlon Coach
 RCCA Run Coach