Phillips County Amateur Triathlon - 6 Week Fitness Challenge - 2019

PARTICIPANT'S NAME:							AGE DIVISION:			
TEAM NAME:										
TEAM CAPTAIN:										
CAPTAIN'S PHONE #					E-MAIL:					
					Optional Part For 1 of First 3 Events - Keep track of all activities					
					Calisthenics (do all 3)					
AGE DIV.	**CLASS**	**SWIM**	**BIKE**	**RUN/WALK**	**JUMPING JACKS**	**JUMP ROPE**	**1/2 SIT UPS**	**CIRCUIT TR**	**WATER EX**	**OTHER**
4-9	PEE WEE	22 Laps/ 0.6 m	28	6.5	300	225	150	12 SESSIONS		12 SESSIONS
10-16/65+	JUNIOR/SR	44 Laps/1.2m	56	13.1	600	450	300	16 SESSIONS	12 CLASSES	16 SESSIONS
17-64	ADULT	87 laps/2.4m	112	26.2	1200	900	600	18 SESSIONS	12 CLASSES	18 SESSIONS
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TOTALS	0	0	0	0	0	0	0	0	0	0