

TRI MONROE MIXED TEAM RELAY

We are very excited to host a mixed team relay event as part of Tri Monroe.

The mixed team relay will be held 1 hour after the conclusion of the Junior Elite Men.

Each team will consist of 2 boys/young men 13-19 years of age and 2 girls/young women. 13 -19 years of age.

Each participant will race a 250 meter swim, a 4K bike and a 1 K run, then hand off to the next participant. The fourth and final participant will finish at the TriMonroe finish line. The course is slightly different than the TriMonroe elite course. Maps will be included as part of the Friday briefing.

Its fast furious and fun racing – and possibly a future Olympic format and event.

The event is limited to a maximum of 30 teams, We will need at least 8 teams to register at a minimum to conduct the event.

COACHES/TEAM CAPTAINS!

In order to secure spots for your teams (you may enter as many relay teams as you like) go to <https://enduranceui.active.com/event-reg/select-race?e=31692852> or use the registration link at <http://www.trimonroe.com/register> . Entry fee is \$100 per team.

Team captains (our coaches) can set up their initial team rosters. Rosters can be changed and will be finalized at the Friday night athlete briefing.

We are really excited about this format and looking forward to seeing you at Tri Monroe.

Jon and Lynne Hoskins
Race Directors – Tri Monroe