SCHEDULE OF EVENTS

SPRINT AND SPLASH 2019

AT LAKE ST. CLAIR METROPARK

PRESENTED BY HENRY FORD MACOMB HOSPITALS

PACKET PICK-UP AND REGISTRATION

FRIDAY, JUNE 14 AT LAKE ST. CLAIR METROPARK

Packet Pick-Up: 4:00 p.m. - 6:00 p.m.

Registration (if not sold out): 4:00 p.m. - 6:00 p.m.

RACE DAY

SATURDAY, JUNE 15 AT LAKE ST. CLAIR METROPARK

Packet Pick-Up: 7:30 a.m. - 8:45 a.m.

Registration (if not sold out): 7:30 a.m. - 8:45 a.m.

6-Mile SUP Race - 9:00 a.m.

5K Run & Duathlon (run portion) - 9:15 a.m.

2-Mile SUP & 2 -Mile Kayak Race - 9:20 a.m.

Award Ceremony - 11:30 a.m.

Breakfast & Beer Tent: 9:00 a.m. - 1:00 p.m.

For more details visit SprintandSplash.com