

Oak Canyon Jr. High Lazyman Ironman

Name _____ Period _____ Parent Signature _____



Swim - 2.4 miles (160 lengths in a 25 meter pool)

1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40
41	42	43	44	45	46	47	48	49	50	51	52	53	54	55	56	57	58	59	60
61	62	63	64	65	66	67	68	69	70	71	72	73	74	75	76	77	78	79	80
81	82	83	84	85	86	87	88	89	90	91	92	93	94	95	96	97	98	99	100
101	102	103	104	105	106	107	108	109	110	111	112	113	114	115	116	117	118	119	120
121	122	123	124	125	126	127	128	129	130	131	132	133	134	135	136	137	138	139	140
141	142	143	144	145	146	147	148	149	150	151	152	153	154	155	156	157	158	159	160



Bike - 112 miles

1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28
29	30	31	32	33	34	35	36	37	38	39	40	41	42	43	44	45	46	47	48	49	50	51	52	53	54	55	56
57	58	59	60	61	62	63	64	65	66	67	68	69	70	71	72	73	74	75	76	77	78	79	80	81	82	83	84
85	86	87	88	89	90	91	92	93	94	95	96	97	98	99	100	101	102	103	104	105	106	107	108	109	110	111	112



Run/Walk - 26.2 miles

1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	26.2
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Together We Play For Life

Guidelines

- This activity is optional. Credit and points will not be given.
- Mark off swim lengths and bike and run/walk miles on the chart. If you are swimming in a pool other than a 25-meter length pool, make the proper calculations. A length is a one-way swim.
- Maintain the integrity of the activity by being completely honest in your recording.
- You may not substitute the swim, bike, run/walk with any other activities such as rollerblading or long boarding.
- Deadline for completion is Monday, March 24th, 2014.
- Oak Canyon students will receive a T-shirt for completing the Iron Man.
- Non-Oak Canyon students may purchase a T-shirt for \$12 if they complete the Iron Man.