



EVENT INFORMATION

What: Youth Splash and Dash

Where: Choice Health & Fitness Pool and South East Parking Lot

When: Friday, April 26th | 5:30 pm

Early Bird Registration Deadline: Friday, April 12th

Early Bird Registration Cost: \$20.00

Registration Cost After April 7th: \$30.00

*Registration closes Wednesday, April 24th at 12:00pm

DIVISIONS & DISTANCES

Divisions:

Ages 7-10

Ages 11-15

Distances:

100 yards Swim | 1 Kilometer Run

200 yards Swim | 2 Kilometer Run

RACE DAY INFO & SCHEDULE

- 4:30 - 5:15pm | Check-in
- Heat 1 starts at 5:30pm *sharp* | 6-8 participants per heat | Rolling start for rest of heats
- After swim, transition to the run at the start/finish line | Run 1K/2K route around Choice HF property
- When run is completed - Woohoo! Pat yourself on the back & head over to the patio for post race snacks!

Friday, April 26th:

5:00 pm - 7:00 pm Packet Pick Up and Check-in will be on the patio by door 22

5:30 pm Heat 1 starts (following heats use rolling start)

5:30 pm - 7:30 pm Post Race Snack on the lawn outside the pool area

CHOICE KIDS SPLASH & DASH RACE - APRIL 26th, 2024

Name: _____

Age: _____ Gender: M F

Parent Name(s): _____

Email: _____

Address: _____

City/State/Zip: _____

Parent Phone: (_____) - _____ - _____

Alternate Phone # (work, mobile, etc.) (_____) - _____ - _____

I hereby acknowledge the health of my child, listed above, to be ready for vigorous activity and authorize the directors to secure any emergency treatment deemed necessary, and that I hereby release the Grand Forks Park District, Choice Health & Fitness and all employees, executors, and heirs from all claims for injuries, which may be sustained by my child while attending and participating in the event. I also understand that any medical bills incurred by my child due to injuries will be my responsibility or the responsibility of my family health insurance plan.

Parent or Guardian Signature: _____ Date: _____

PLEASE SELECT THE DIVISION IN WHICH YOUR CHILD WILL BE PARTICIPATING :

Ages 7-10 | 100yd. Swim/1K Run

Ages 11-15 | 200yd. Swim/2K Run

kids splash and dash



  
CHOICE INDOOR/OUTDOOR
TRIATHLON

SPLASH AND DASH

7-10 Year Old Division

- 100 Yards Swim
- 1 Kilometer Run

SPLASH AND DASH

11-15 Year Old Division

- 200 Yards Swim
- 2 Kilometer Run

