






# Splash & Dash

## Youth Triathlon

Open to youth 18 years and younger

**When:** Saturday, August 13th 7:30 AM

**Where:** Menomonie High School pool, grounds and surrounding area

**Two Levels:**

Level	Swim	Bike	Run
I	100 yards	2 miles	0.5 mile
II	500 yards	4 miles	2 miles

**Swim Portion:** Menomonie High School pool

**Bike Portion:** Starts at the Menomonie High School parking lot, goes south on Bongey drive, west on to River Heights Road, and makes a loop turning on to Scritsmier Avenue, and then north on Ballentine Road back to Bongey. Helmets are required for the bike portion. Level I does one loop, Level II does two loops

**Run Portion:** Menomonie High School grounds

**Cost:** \$20 per person, maximum \$40 per multiple children in the same family. Please send family registrations together.

**Cost Includes:** T-shirt, water along the route, fruit and water  
No refunds due to severe weather; event will take place rain or shine.

**To Register:** Registration form can be found on MAAC's web site at [www.maacswimming.com](http://www.maacswimming.com) or at the Menomonie High School pool.

**Registration Deadline:** July 20, 2011

**Pre-registration only, event is limited to 100 participants**

For questions about the MAAC's Splash & Dash Triathlon contact Amy Leach at 715-233-0615 or [amrleach@sbcglobal.net](mailto:amrleach@sbcglobal.net)  
You can also visit our web site at [www.maacswimming.com](http://www.maacswimming.com)

# SPLASH & DASH REGISTRATION FORM

Please complete and return with the \$20 registration fee by **July 20, 2011**.  
Pre-registration only; no registrations will be accepted after July 20th.

## ATHLETE INFORMATION:

First Name: \_\_\_\_\_

Last Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip Code: \_\_\_\_\_

Age: \_\_\_\_\_ Male  Female  Level I  Level 2   
(Check one) (Race Level -Check one)

T-Shirt Size: Youth S  M  L  Adult: S  M  L  XL   
(Check one)

## PARENT INFORMATION:

Parent Name(s): \_\_\_\_\_

Parent Tel: \_\_\_\_\_

Parent E-mail: \_\_\_\_\_  
(Updates or other pertinent information will be sent via e-mail)

I understand and acknowledge that participation in the Splash & Dash is voluntary and involves an element of risk of serious injury, death or property loss for participants. I release MAAC Swimming, the City of Menomonie, the Menomonie School District and any sponsors from any liability for injuries or damages sustained while participating in the Splash & Dash. I also give MAAC Swimming permission to take pictures of me/my child(ren) during the Splash & Dash for educational or public relations purposes.

\_\_\_\_\_  
Athlete Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Parent Signature

\_\_\_\_\_  
Date

**Mail to:**

**Cat Henderson • E6075 708th Ave • Menomonie, WI 54751**