

# Ron Andrews Splash n' Dash Event 1

BC 2016 Multisport School Series



**Ron Andrews Pool & Windridge Park**  
**Friday, May 5**  
**9:00am—12:00pm**  
**Grades K to 7**  
 Fun, Friends, and Fitness  
 Every finisher is a winner!

A Splash n' Dash event is a FUN, fitness activity involving swimming + running consecutively.

Athletes do a short swim followed by a "transition" (to put on shoes and sometimes clothes) before heading out on a short run.

A splash n' dash is also called an Aquathlon and is related to triathlon (swim-bike-run).

## Important Reminders

**For your safety and enjoyment, please...**

**Show respect to everyone**—cheer on your fellow competitors and thank the volunteers along the way.

**Bring an extra change of shoes and clothes (WARM items) to wear after the event.** Even if it is warm outside, you may be cold after racing. \*\*Bring TWO towels—one for during, one for after the race.

**Pack a jacket and weather-appropriate clothing.** Remember you are racing in your swim gear.

**Bring a WATER BOTTLE and a snack.** Healthy food only, (no junk food, please). Plain water is best to drink.



North Vancouver  
Recreation & Culture

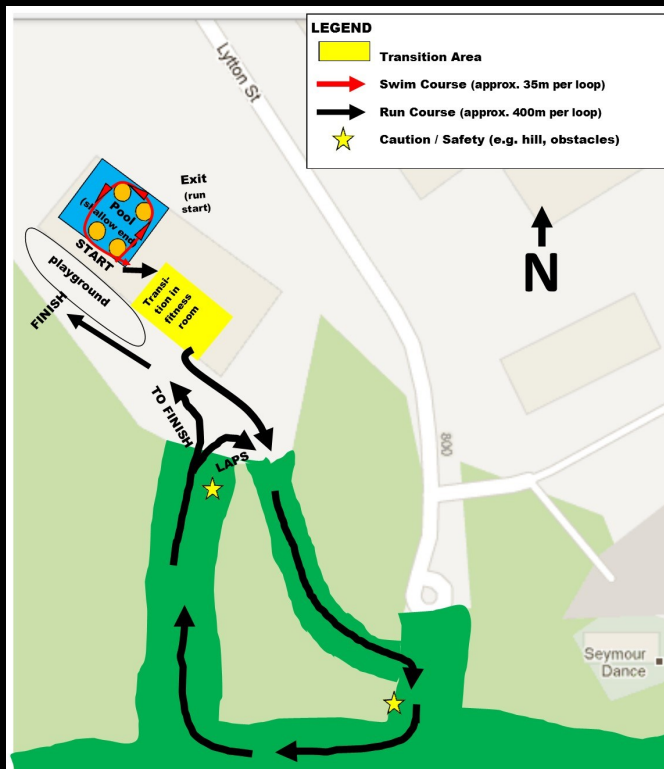
viaSPORT  
BRITISH COLUMBIA

## Choose Your Distance

Athletes choose their distance and count their own laps.

Race Name	Swim	Run
<b>Kinder GO</b> *Kindergarten only	<b>35m</b> (1 loop)	<b>400m</b> (1 lap)
<b>Super Sprint</b>	<b>70m</b> (2 laps)	<b>800m</b> (2 laps)
<b>Mid Distance</b>	<b>105m</b> (3 loops)	<b>1.2km</b> (3 laps)
<b>Enduro Challenge</b>	<b>140m</b> (4 loops)	<b>1.6km</b> (4 laps)

## Event Map



**NOTE:** Usually athletes just put shoes on after the swim and run in their bathing suits. Some may choose to put on a shirt, shorts, or jacket. However, the course is designed to accommodate any student who may need to do a "full change" between the swim and run. Please, speak with the race director for more info.

## Entry Form

Please, detach and return the signed entry form and event fee to your teacher as soon as possible. Thank you!

Student Name	
Age and Grade	
School Name	
Teacher Name	
Class Division #	
Amount paid	<input type="checkbox"/> \$10 (event cost)
<b>TOTAL PAID</b> _____	
*NOTE - event costs are "pay as you can". Speak with your teacher if you need a subsidy.	

**T-shirts will be sold at the event for \$5. Cash only.**

**\*Event cost includes** an PE intro class taught by a certified Triathlon coach, optional 3-week teacher program, event venue costs, organization, gold medal and snacks for all finishers, AND a donation to a community organization if funds allow. **Help us help others through fun, fitness, and friends!**

## Photo Release & Acknowledgment of Risk

**Photo Release Form/ Children Under-18** As a legal guardian of the child indicated above, I grant to **Triathlon BC** the right to record or transfer his/her image and/or material to prints, poster, film or other formats for instructional, promotional, artistic and/or educational period. It is understood that the images produced by **Triathlon BC** and resulting from the material above, is copyright by **Triathlon BC** and may not be reproduced in whole or part of any purpose without the express permission of **Triathlon BC**

- Yes, I give permission for photo use.  
 No, I do not give permission for photo use.

I \_\_\_\_\_ give my permission for my child \_\_\_\_\_ to participate in the **Triathlon BC** multisport (triathlon) event. I recognize that there is some element of risk in the event. On behalf of myself and on behalf of my child, I release Excleration Multisport Society, Triathlon BC, the North Vancouver Recreation and Culture Commission, District of North Vancouver, participating Community Centers, the North Vancouver School Board (SD44) and their respective officers, employees, and agents from liability for claims for injuries or property loss arising from my child's attendance and participation in activities at this program, and further I agree to indemnify the said and Board and Association and hold them harmless from any such claims.

Signature: \_\_\_\_\_

Date: \_\_\_\_\_

Print name: \_\_\_\_\_