



SPLASH AND DASH YOUTH TRIATHLON

YMCA OF LENAWEE COUNTY



Saturday August 15, 2020

**Splash & Dash Youth Triathlon/Duathlon benefits the YMCA of Lenawee County
2020 Strong Kids Fund. This event will be held at Bohn Pool.
631 S. McKenzie St. Adrian, MI 49221**

Youth Triathlon & Duathlon (Ages 7-14)

**Fee: \$10.00 Pay by August 11th
Includes award and t-shirt.**

- **Age 11-14**

**Tri: 200m swim, 4 mile bike and
1 mile run**

**Du: half mile run, 4 mile bike
and half-mile run**

- **Age 7-10**

**Tri: 100m swim, 2 mile bike,
half- mile run**

**Du: half mile run, 2 mile bike
and half mile run**

****Advanced 5 & 6 year olds are
welcome!**

Fun Run (Ages 3-6)

Half Mile Run

**Fee: \$5.00 Includes award and t-
shirt if registered by August 11th**

For more information contact:

YMCA of Lenawee County

638 W. Maumee St.

Adrian, MI 49221

517-263-2151

ymcaoflenawee.org

***Register by August 11th to be
guaranteed a t-shirt**

2020 Splash & Dash Registration

Race Deadlines & Fees

Fun Run Fee: \$ 5.00

Triathlon & Duathlon Fee \$10.00

Register by August 11th

Register by mail or set up an appointment to come into the YMCA to register

YMCA of Lenawee County 638 W. Maumee St Adrian, MI 49221 517-263-2151

Race Participant Information

Name: _____

Gender: F or M Birthdate ___/___/___ Age on race day: _____ Disability/Allergy: _____

___ Triathlon ___ Duathlon ___ Fun Run

T-Shirt Size:

Youth: S M L Adult: S M L XL

Address: _____ City: _____ State: _____

Zip: _____ School: _____

Parents Name: _____

Phone #: (____) _____

Email: _____

Medical Release Consent and Waiver

As a parent and /or guardian, I do herewith authorize the treatment by a qualified and licensed medical doctor of the following minor in the event of a medical emergency which, in the opinion of the attending physician, may endanger his or her life, or cause disfigurement, physical impairment, or undue discomfort if delayed. The authority is granted only after a reasonable effort has been made to reach me. This release form is completed and signed of my own free will with the sole purpose of authorizing medical treatment under emergency circumstance in my absence. I certify that I (the parent/ guardian) and my child have read the MDCH concussion information found online at http://michigan.gov/documents/mdch/parentsfactsheet_415323.pdf on the YMCA website under Youth Sports or at the front desk of the YMCA. I hereby release the YMCA of Lenawee County, The City of Adrian, all associated sponsors of the event and any associated persons or employees from any claims for any injuries, personal losses, or damage done to personal property while on the premises of either the YMCA of Lenawee County, or the City of Adrian properties associated with specific programs of these organizations. By signing below, I also authorize the publication of any photography taken for or during any YMCA or City of Adrian program for the use of promoting or advertising further programs, unless I notify the YMCA of Lenawee or The City of Adrian of my desire not to permit any published photos at the time of the registration.

Other Contact In Case of Emergency

Name: _____ Relationship: _____ Phone : _____

Family Physician: _____ Phone : _____

Parent Signature: _____ Date: _____

No one is denied participation in YMCA of Lenawee County programs due solely to the inability to pay. Financial Assistance is available to those who qualify. For more information, , please call 517-263-2151.

Race Day Information Fun Run starts at 8:30am Triathlon starts on pool deck at 9:30 am Bohn Pool will be open for free swimming following the race! ****NO VOLUNTEER T-SHIRTS IN 2020**

