











NORTH SHORE SPLASH & DASH

A COLLABORATION WITH NORTH SHORE YOUTH TRI TEAM



Ages 7 + 8		50 yard swim		½ mile run
Ages 9 + 10		100 yard swim		½ mile run
Ages 11 +12		100 yard swim		1 mile run
Ages 13 + 14		100 yard swim		1 mile run
Ages 15 to 18		200 yard swim		1 mile run

LOCATION

Lynch / van Otterloo YMCA
Marblehead, MA

DATE / TIME

JULY 23, 9:30 AM

Mandatory Athlete Check In Time - 8:45 AM

AGES 7-18

Awards: Trophies to M/F 1-3 place in the following age groups: 7-8, 9-10, 11-12, 13-14 15-18. Finisher medals for all participants.

HAVE QUESTIONS?

Contact:
trilif@northshoreymca.org



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

North Shore Splash and Dash
SUNDAY, JULY 23, 2017

Name

Email

Cell Phone for text of results

Address

City

State

Zip Code

Phone

Age

Date of Birth

Gender

In consideration of my acceptance of this entry, I hereby for myself, my heirs and assigns, waive any and all claims I may have against the YMCA of the North Shore volunteers, all sponsors, and the representatives for any and all injuries by me in the said event. I attest that I am physically fit and trained for the event and competition.

Signature

Parental Signature (If Under 18)

Registration Fees

Pre-Registration : \$30

Day Of Registration Fee : \$40

Mail this form and entry fee to:

Lynch / van Otterloo YMCA
Attention: Tim Short
40 Leggs Hill Road
Marblehead, MA, 01945

IN PARTNERSHIP WITH:

