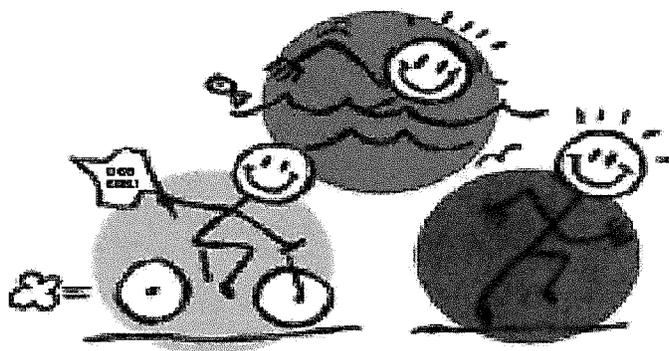


F.O.P

Kid's Triathlon



F.O.P Kid's Triathlon will be held Wednesday, August 15 at the Prairie Lakes Wellness Center, Watertown, SD. Registration will start at 6:00 pm, race starting at 7:00 pm. Triathletes will **SWIM 100 Yards**. (2 laps - lifejackets acceptable), **BIKE 2 Miles** (helmet must be worn), and **RUN 800 Meters** (2 laps) in North parking lot. Trophies to winners in each age division and medals to 2nd place finishers; t-shirts and participation medals to all competitors. Refreshments will be served following the race sponsored by Fraternal Order of Police, D.A.S.H. and Hy-Vee.

Age Division: 7-8 yrs. / 9-10 yrs. / 11-12 yrs.

Entry Fee: \$25 per participant / \$15 per additional child

Late Fee: \$5.00 for same day registration

Name: _____ F / M Address: _____

Circle Age Division: 7-8 yrs. / 9-10 yrs. / 11-12 yrs. Circle T-Shirt Size: YM / YL / Sm / Med

Parent Signature: _____

Waiver: In consideration of your acceptance of this entry, I hereby waive any and all rights and claims for damages I may have against individuals, agents, or representatives for any and all injuries associated with this event. I attest and verify that I have full knowledge of the risks involved in this event and that my child is physically fit and sufficiently trained to participate in this event. I also give permission for the free use of my name, child's name and picture in any broadcast, print or social media of this event.