

F.O.P. KID'S TRIATHLON



SWIM

BIKE

RUN

WEDNESDAY, AUGUST 7

PRAIRIE LAKES WELLNESS CENTER, WATERTOWN, SD

Registration will start at 6 p.m., race starting at 7 p.m.

NEW!!!! CHIP TIMING SERVICES PROVIDED BY D.A.S.H.

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.

Triathletes will **SWIM 100 yards** (2 laps, life-jackets acceptable), **BIKE 2 miles** (helmet must be worn) and **RUN 800 meters** (2 laps) in North Parking Lot.

AGE DIVISION: 7-8 YEARS / 9-10 YEARS / 11-12 YEARS

ENTRY FEE: \$25 PER PARTICIPANT | \$15 PER ADDITIONAL CHILD

LATE FEE: \$10 FOR SAME DAY REGISTRATION

Name: _____ F/M Address: _____ Phone: _____

Circle Age Division: 7-8 years / 9-10 years / 11-12 years

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 representative 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.