

**SATURDAY  
FEBRUARY 22  
2020**

**REGISTRATION DEADLINE  
February 5, 2020**

Late Fee of \$10 after deadline

Swim, bike, & run around the Y! Youth & adults of all skills & abilities can compete as individuals or teams for their division title.

Begin in our pool, starting strong by swimming laps. Then jump on one of our Keiser Cycles or Matrix Krank Cycles in our cycling room to spin your heart out. Immediately following your ride, head up to the track so you can begin your run to the finish.

## COMPLETE IF COMPETING AS A TEAM

Team Name \_\_\_\_\_

### TEAMMATE #2

Name \_\_\_\_\_ DOB \_\_\_\_/\_\_\_\_/\_\_\_\_  
First Last

Team Event (Mark your event—1 teammate per event)

☐ Swim ☐ Cycle ☐ Run

Mark if participating as an Adaptive Athlete

☐ Youth Junior ☐ Youth Senior ☐ Adult

Shirt Size - Not guaranteed after deadline

☐ Youth S ☐ Youth M ☐ Youth L ☐ Youth XL

☐ Small ☐ Medium ☐ Large ☐ XL ☐ XXL

### TEAMMATE #3

Name \_\_\_\_\_ DOB \_\_\_\_/\_\_\_\_/\_\_\_\_  
First Last

Team Event (Mark your event—1 teammate per event)

☐ Swim ☐ Cycle ☐ Run

Mark if participating as an Adaptive Athlete

☐ Youth Junior ☐ Youth Senior ☐ Adult

Shirt Size - Not guaranteed after deadline

☐ Youth S ☐ Youth M ☐ Youth L ☐ Youth XL

☐ Small ☐ Medium ☐ Large ☐ XL ☐ XXL

## ADDITIONAL INFORMATION

### Youth Junior Division

- Swim 2 down/back laps | Cycle 2 miles | Run 4 laps on track
- Adaptive Athlete distances: Swim 2 down/back laps or for 7 mins | Cycle 2 miles or for 7 minutes | Run 4 laps or for 5 minutes
- Participants may use flotation devices if desired.
- All youth participants will receive a medal and a race day bag.

### Youth Senior Division

- Swim 4 down/back laps | Cycle 5 miles | Run 8 laps on track
- Adaptive Athlete distances: Swim 2 down/back laps or for 7 mins | Cycle 2 miles or for 7 minutes | Run 8 laps or for 10 minutes
- Adaptive Athletes may use flotation devices if desired.
- All youth participants will receive a medal and a race day bag.

### Adult Division

- Swim 17 down/back laps | Cycle 12.4 miles | Run 25 laps on track
- Adaptive Athlete distances: Swim 8 down/back laps or for 15 mins | Cycle 5 miles or for 10 minutes | Run 16 laps or for 30 minutes
- Adaptive Athletes may use flotation devices if desired.
- 30 minute time cap on each individual event—1hr 30 minute time cap for entire Triathlon.
- Top overall, individual male, individual female, & team will all receive a medal.
- All adult participants will receive a race day bag.

### All Divisions

- Running clock format.
- Divisional awards will be held after last heat in division.
- Adaptive Athletes are defined as athletes with diverse physical or learning abilities.
- Adaptive Athletes may compete as a team within any age division.
- Individual competitors must make an effort to be dry upon entering the cycling room after the swim, you will be unable to begin cycling until approved.
- All non-swimming participants will be marked with race numbers. Swimmer numbers will be posted on pool deck in the swimmers lane.
- Teams must tag next teammate in order to begin their next event.
- All participants are entered in for prize drawings.

Brooke Newberry - Physical Director  
(701) 852-0141 | [bnewberry@ymcaminot.org](mailto:bnewberry@ymcaminot.org)

[WWW.YMCAMINOT.ORG](http://WWW.YMCAMINOT.ORG)

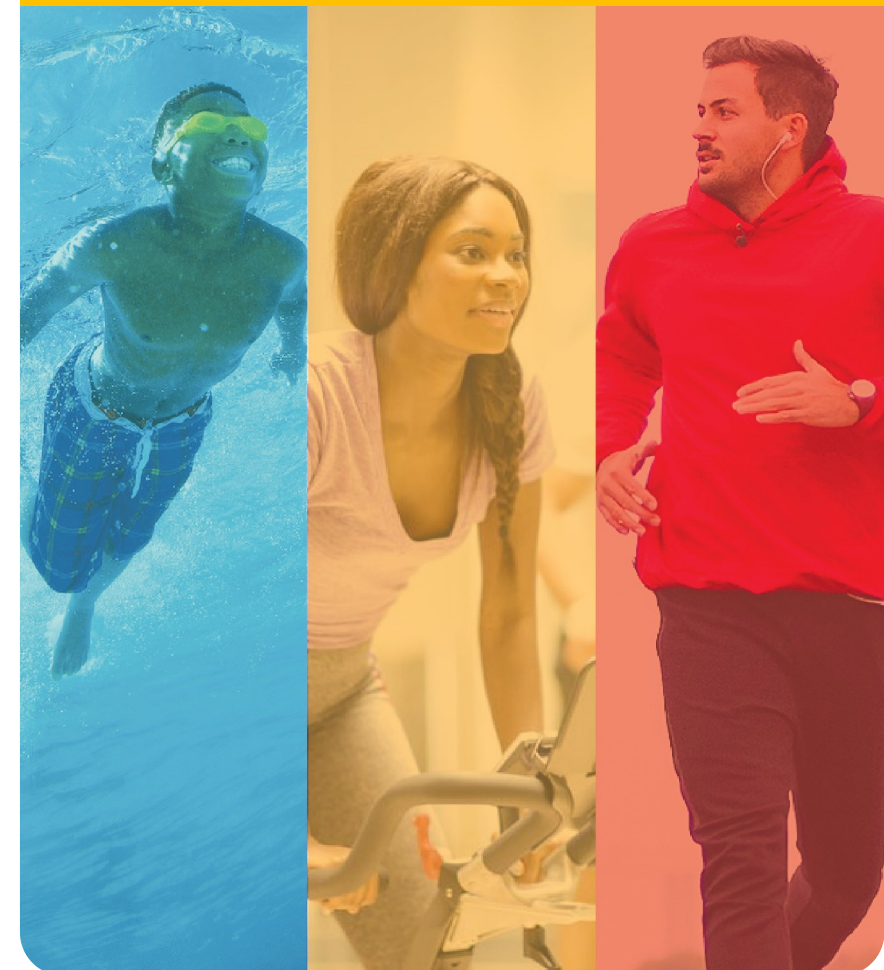
Minot Family YMCA | 3515 16th Street SW | Minot, ND



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# SPLASH, SPIN, AND DASH

Splash, Spin, & Dash Indoor Sprint Triathlon  
MINOT FAMILY YMCA



## Youth Junior Division

Ages 6–9

Individual: \$15 Team: \$35



**SWIM**  
100 YARDS



**BIKE**  
2 MILES



**RUN**  
.5 MILE

### Adaptive Athlete Distances\*



**SWIM**  
100 YARDS  
OR 7 MINS



**BIKE**  
2 MILES  
OR 7 MINS



**RUN**  
.5 MILE  
OR 5 MINS

Check In: TBA

Pre-Race Meeting: TBA

Heats Begin: Following Youth S Division

## Youth Senior Division

Ages 10 – 14

Individual: \$15 Team: \$35



**SWIM**  
200 YARDS



**BIKE**  
5 MILES



**RUN**  
1 MILE

### Adaptive Athlete Distances\*



**SWIM**  
100 YARDS  
OR 7 MINS



**BIKE**  
2 MILES  
OR 7 MINS



**RUN**  
1 MILE  
OR 10 MINS

Check In: TBA

Pre-Race Meeting: TBA

Heats Begin: Following Adult Division

## Adult Division

Ages 15+

Individual: \$25 Team: \$60



**SWIM**  
.5 MILE



**BIKE**  
12.4 MILES



**RUN**  
.3.1 MILES

### Adaptive Athlete Distances\*



**SWIM**  
400 YARDS  
OR 15 MINS



**BIKE**  
5 MILES  
OR 10 MINS



**RUN**  
2 MILES  
OR 30 MINS

Check In: 11–11:30AM & 12–12:30PM\*\*

Pre-Race Meeting: 11:30AM & 12:30PM\*\*

Heats Begin: 12:00PM

## REGISTRATION FORM

Name \_\_\_\_\_

First

Last

DOB \_\_\_\_/\_\_\_\_/\_\_\_\_ Phone \_\_\_\_-\_\_\_\_-\_\_\_\_

Home Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

E-mail \_\_\_\_\_

### Division

- ☐ Youth Junior Individual ☐ Youth Junior Team  
☐ Youth Senior Individual ☐ Youth Senior Team  
☐ Adult Individual ☐ Adult Team

### Mark if participating as an Adaptive Athlete

- ☐ Youth Junior ☐ Youth Senior ☐ Adult

### ☐ Team Event (Team Participants only—mark your event)

- ☐ Swim ☐ Cycle ☐ Run

### Shirt Size – Not guaranteed after deadline

- ☐ Youth S ☐ Youth M ☐ Youth L ☐ Youth XL  
☐ Small ☐ Medium ☐ Large ☐ XL ☐ XXL

### Volunteer Only

- ☐ I would like to volunteer! Shirt size \_\_\_\_\_

*\* All volunteers will be contacted prior to event \**

### Authorization (18+ or Parent/Guardian)

I, the undersigned, represent that I am medically fit to participate in this event. In consideration of you accepting my entry, I, intending to be legally bound, do hereby for myself, my heirs, executors, and administrators waive and release forever any and all rights and claims or damages I may accrue against all persons and agencies involved with the Splash, Spin, & Dash Triathlon, February 22, 2020. I hereby grant full permission.

- ☐ I give permission to Minot Family YMCA to use photographs or videos of me/my team for promotional or other legitimate purposes.

Signature \_\_\_\_\_ Date \_\_\_\_\_

Teammate #2 Sig. \_\_\_\_\_ Date \_\_\_\_\_

Teammate #3 Sig. \_\_\_\_\_ Date \_\_\_\_\_

**PLEASE CONTINUE TEAM REGISTRATION  
ON THE BACK OF THIS FORM**

\* Adaptive Athletes are defined as athletes with diverse physical and/or learning abilities.

\*\* Heats, Check-In times, and Pre-Race Meeting times will be assigned and announced by February 19, 2020