

# SPLASH 'N' DASH KIDS TRI

Who: Kids who have completed grades K-6

What: The RCAC Kids Triathlon is to encourage young children to participate in a healthy activity. Children may compete in the triathlon individually or in a team of three with one child for each leg of the race. Team members must be in the same age group. **Bike helmet required!**

Swimming  
**K & 1<sup>st</sup>:** 1 lap (50 yards)  
**2<sup>nd</sup> & 3<sup>rd</sup>:** 2 laps (100 yards)  
**4<sup>th</sup> 5<sup>th</sup> & 6<sup>th</sup>:** 4 laps (200 yards)

Biking:  
**K & 1<sup>st</sup>:** 1 lap (1/2 mile)  
**2<sup>nd</sup> & 3<sup>rd</sup>:** 2 laps (1 mile)  
**4<sup>th</sup> 5<sup>th</sup> & 6<sup>th</sup>:** 4 laps (2 miles)

Running:  
**K & 1<sup>st</sup>:** 1 lap (1/4 mile)  
**2<sup>nd</sup> & 3<sup>rd</sup>:** 2 laps (1/2 mile)  
**4<sup>th</sup> 5<sup>th</sup> & 6<sup>th</sup>:** 4 laps (1 mile)

Where: BOLD High School in Olivia, MN

When: Tuesday, July 24, 2018  
 4:30 Check in begins.

(near the pool doors at the BOLD School)  
 4:45 pm Informational Meeting  
 5:00 pm Triathlon Starts



## PDF OF THIS FORM ON

[www.rcacorcas.com](http://www.rcacorcas.com)

Mail to:  
 RCAC, C/O John O'Neill  
 30 Cherry Avenue,  
 Bird Island, MN 55310

## REGISTRATION DEADLINE:

**July 10, 2018**

Registration by the above date will guarantee a T-shirt

**NO registration available on event day!**

**Cost: \$20.00/participant**

**T-Shirts & Participation Medals  
 will be given!**



*T-shirts & medals are guaranteed for those who registered by deadline.*

# SPLASH 'N' DASH KIDS TRI REGISTRATION

Name: \_\_\_\_\_  
 Address: \_\_\_\_\_  
 City: \_\_\_\_\_ State: \_\_\_\_\_  
 Email: \_\_\_\_\_  
 Phone: \_\_\_\_\_  
 Grade Completed: \_\_\_\_\_  
 Age: \_\_\_\_\_ Gender: \_\_\_\_\_  
 T-Shirt Size: Youth- S M L  
 Adult- S M L XL

Participating:

As an Individual  
 As a Team \*

Teammates:

1. \_\_\_\_\_ Swim/Bike/Run  
 2. \_\_\_\_\_ Swim/Bike/Run

\*Each child must complete a separate registration form.

As a parent/guardian, I have read the RCAC Parent Consent that is located on this flyer, understand and certify my compliance by my signature.

\_\_\_\_\_  
 Signature of Parent/Legal Guardian

\_\_\_\_\_  
 Date

## **RCAC SPLASH 'N' DASH KIDS TRI PARENT CONSENT**

Being the parent or legal guardian, of the above entrant, who is under the age of eighteen (18), I hereby consent that the above entrant may participate in the RCAC Kids Tri. I hereby consent for the above entrant to receive emergency medical treatment in the event of injury, accident and/or illness that may occur during this triathlon or its related activities.

In consideration of the acceptance of the above entrant's participation in this event, I intend to be legally bound, hereby for myself, my heirs, executors and administrators, waive, release and discharge any and all claims for which may be attributable to weather conditions, which I may have or which may hereafter occur to the above entrant as a result of the above entrant's participation in this event. This release is intended to discharge the RCAC Kids Tri, all municipalities, school districts, clubs, organizations, counties, states, sponsors, and all employees, officers and volunteers of these respective entities and any other entities associated with this event, from and against any and all liability arising out of or connected in any way my participation in this event.

I further understand that serious accidents occasionally occur during swimming, cycling, and running and that participants in these events occasionally sustain mortal or serious injuries, and/or property damage or loss, as a consequence thereof. Knowing the risks nevertheless, I hereby agree to assume those risks and release and hold harmless all of the persons or entities previously mentioned who

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# **RCAC SPLASH 'N' DASH KIDS TRI**

Sponsored by:



**TUESDAY  
JULY 24, 2018**

*Please Join Us to Promote  
Healthy Kids!*

might otherwise be liable to me (or my heirs and assigns) for any injury, death, illness or damages occurred in this event or in the travel to and from this event. I further attest that the above entrant is physically fit, has sufficiently trained for the completion of this event and that the above entrant will wear a certified bicycle helmet at all times when riding a bicycle at this event. I attest the above entrant will abide by the rules and regulations of this event, all state vehicle laws and all local municipal law applicable.

It is further understood and agreed that this waiver, release and consent is to be binding on my heirs and assigns. I recognize the hazards of this event and attest that the above entrant has adequate medical insurance coverage. I also give permission to the RCAC Kids Tri to use the above entrant's name and any photographs, videotapes, motion pictures, recordings or any other record of my participating in this event for any publicity and/or promotional purposes without obligations or liability to me.

### **FOR MORE INFORMATION:**

Email us at: [kidstri@rcac.com](mailto:kidstri@rcac.com)

or go to our website:

[www.rcacorcas.com](http://www.rcacorcas.com)

Follow us on Facebook:

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Thanks for your support towards the Renville  
County Aquatic Club!