

SATURDAY FEBRUARY 26 2022

REGISTRATION DEADLINE
February 14, 2022

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 LifeFitness 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 fin-

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.

Dusty Harvey - Physical Director

(701) 852-0141 | dharvey@ymcaminot.org

WWW.YMCAMINOT.ORG

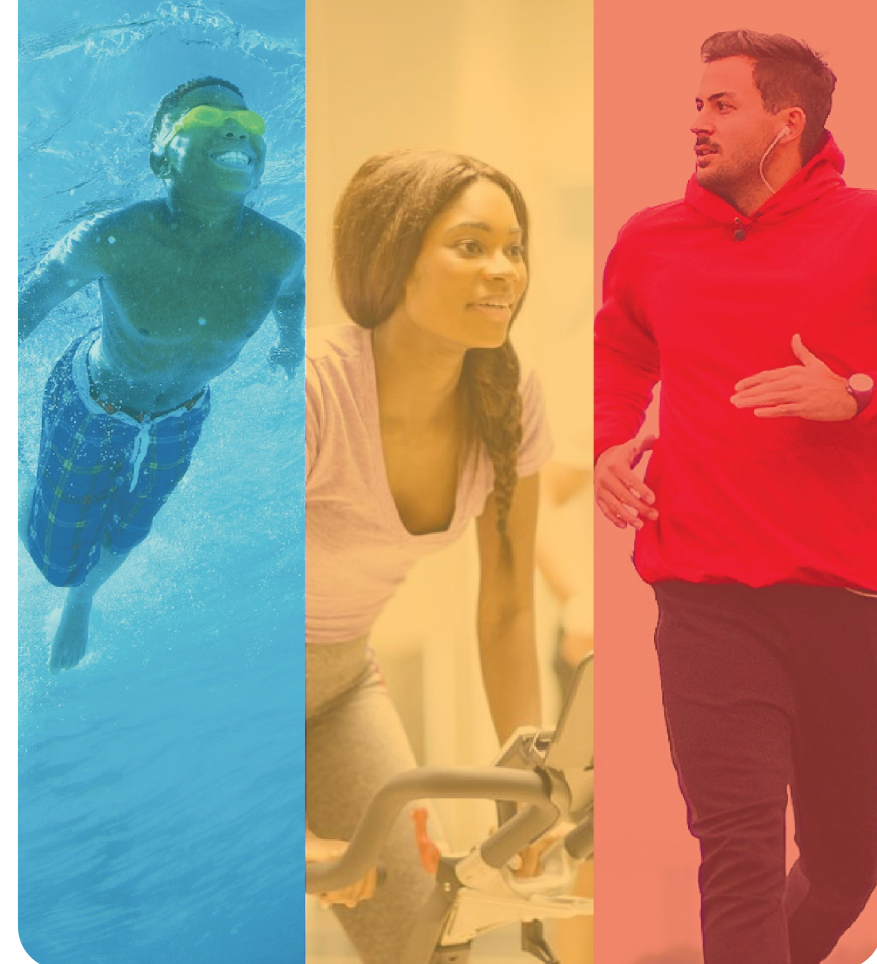
Minot Family YMCA | 3515 16th Street SW | Minot, ND



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 26, 2022. 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, 2022