

Entry Fee: Received on or before August 15, 2011..... Individual \$30 Relay Team \$70
 After August 15, 2011..... Individual \$40 Relay Team \$90

Name: _____ Birth Date: _____
 Age on Sept. 19th Sex _____ M _____ F _____ Shirt Size _____ E-Mail _____
 Home Phone _____ Address: _____ City: _____
 State: _____ Zip _____

If Relay Team, Please list team name and members names and ages: _____

Parent Signature _____ Date _____

Please make check payable to "Pitt County Special Olympics" (DO NOT send cash)
 Mail this completed entry form and signed waiver along with payment no later than September 17, 2011, to:
 Dietra Crandol, 2000 Cedar Ln. Greenville, NC 27858



4th ANNUAL

SPLASH & DASH
KID'S TRIATHLON

Sunday September 25, 2011
2:00 PM

City of Greenville's
Aquatics and Fitness Center
 (921 Staton Rd., Greenville, NC)

www.GreenvilleKidsTri.org



Benefiting Pitt County Special Olympics



Date: Sunday September 25, 2011

Location:
 City of Greenville's Aquatics and Fitness Center (921 Staton Rd., Greenville NC)

Age Limits: Ages 6 thru 14

Enter as an Individual or as a 3 Member Relay Team (If Relay, all 3 members of team must be in same age division)

Distances:

Ages 6-8

Swim 25yds ♦ Bike 2mi ♦ Run 1/2mi

Ages 9-11

Swim 75yds ♦ Bike 2mi ♦ Run 1mi

Ages 12-14

Swim 125yds ♦ Bike 2mi ♦ Run 2mi

Registration:

Mail-in entries must be postmarked no later than September 17th, 2011.
 Register online at www.RunTheEast.com until September 21st, 2011.
Register Soon - Race is limited to 200 entries. No race day registration -- no refunds.

Entry Fee:

On or before 8/15/11 - \$30 Individuals, \$70 per team.
 After 8/15/11 - \$40 Individuals, \$90 per team

Awards:

Finisher prize for all finishers.
Male & Female: ages 6-8, 9-11, 12-14 (3 deep). Top relay team in each age division.

Race Course:

Swim

Pool swim attended by lifeguards.

Bike

Bike course is a single 2 mile loop on closed paved roads monitored by volunteers and police (*Helmet Mandatory, No Training Wheels*)

Run

Run course is a single loop course on the surrounding property of the Greenville Aquatics and Fitness Center complex (distance depending on age category).

Timing:

This race will be timed by East Carolina Road Racing using a chip timing method. Timing chips will be distributed on race morning at packet pickup. Results will be posted online at www.runtheeast.com.

T-Shirts & Refreshments

All registered participants will receive a T-shirt. Food and drink post race will be available to all participants courtesy of our sponsors.

Door Prize Drawing

Following the awards, we will have random drawings based on your race number for various goodies donated by our sponsors!

More Information:

For more information visit <http://www.greenvillekidstri.org> or e-mail questions to kidstri@greenvillenc.gov

About a week prior to the event, detailed race day information like rules, packet pickup times, swim start order, etc. will be e-mailed to you and also posted on the web. Please be sure to provide your e-mail address as well as check the website for this information as the date draws near.

Please plan to arrive no later than 1pm. Once you arrive, you will want to pick up your packet. You will need to have your run number(included in your race packet) with you when you pick up your timing chip at the timing chip table. After getting your timing chip, proceed to the body marking area and a volunteer will write your race number on your arms and legs. Setup your bike and equipment in the transition area and make your way to the pool area for the pre-race briefing and final instructions. The race will start promptly at 2:00pm.



WAIVER

In consideration of my child _____, I being allowed to participate in the 2011 Splash & Dash Kids Triathlon, sponsored by the Greenville Recreation and Parks Department. I hereby release and hold harmless the City of Greenville, Greenville Utilities Commission, the Greenville Aquatics and Fitness Center, the Greenville Recreation and Parks Department, its employees, and volunteers from any claims of negligence including claims for injuries, accidents or loss of property in connection with my child's participation in the 2011 Splash & Dash Kids Triathlon and use of the facilities and equipment of the Greenville Recreation and Parks Department. This release is binding and applicable to myself, my child, my family, my heirs, my child's heirs and guardians and successors in interest. I declare and certify that my child's physician has released and cleared my child to participate in the 2011 Splash & Dash Kids Triathlon offered by the Greenville Recreation and Parks Department. For the safe enjoyment of this program and all participants, the Greenville Aquatics and Fitness Center staff has established specific rules and regulations pertaining to conduct, use of the equipment and facilities. I have read the "General Rules and Information" and agree that both my child and I will abide by the rules and regulations. I understand that my child's or my failure to follow the rules and regulations will result in the termination of my child and myself participation in this and other programs offered by GAFC and the Greenville Recreation and Parks Department. In the event that my child is injured or become ill and I am not available or unable to be reached within a reasonable period of time to secure medical treatment for my child, I hereby authorize the Recreation and Parks staff to obtain medical treatment for my child including but not limited to emergency treatment and transport, selection of physician and other medical personnel necessary to treat my child and to take whatever medical action and treatment that is deemed necessary for my child and at my expense. In the event of promotional activities, I hereby grant my permission to the City of Greenville and Greenville Utilities Commission to use photographs and video images of my child where using the facilities and participating in the programs provided by the City of Greenville, Department of Recreation and Parks and the Greenville Aquatics and Fitness Center.

Print Child's Name

Parent \ Guardian Signature

Date