



## Splash & Dash Entry Form - 2019

Your school is participating in the Annual Splash and Dash event hosted by the Nanaimo White Rapids Summer Swim Club on Friday April 12, 2019 at Beban Pool.

When: Friday, April 12, 2019, 3 - 5pm

What is it: A short swim in Beban Pool, followed by a run around the soccer fields.

Tykes (Gr. 3 & 4) 50m swim & 1km run

Peewees (Gr. 5 & 6) 50m swim & 1km run

Bantams (Gr. 7) 100m swim & 1.5km run

Who can participate: Grades 3-7 students. Kick boards & pool noodles may be used.

Cost: \$5 per student

Registration: Complete this registration form and give to your school's teacher sponsor with \$5 entry fee payment by **Friday, April 5, 2019**. NO late entries will be accepted.

Parents are not permitted in the transition area from the swim to run.

There is limited viewing space for parents on the pool deck at Beban. Parents are invited to cheer athletes from the sidelines as they exit the transition area through the parking lot onto the fields.

Please arrange your own transportation to Beban Pool, arriving by 2:45pm.

Students should change into their swim suits before leaving school as the Beban change rooms are booked for other user groups and are not available until after 3:00pm.

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### White Rapids 7<sup>th</sup> Annual Splash and Dash Entry Form

I, \_\_\_\_\_ (parent/guardian's name) give permission for

\_\_\_\_\_ (student's name) to participate in the Splash and Dash,

Friday April 12, 2019 at Beban Pool. My child's estimated swim time is (swim distances above):

\_\_\_\_\_ minutes \_\_\_\_\_ seconds or if unknown, check here ☐.

Child's grade \_\_\_\_\_

For heats, please circle: Male or Female.

\_\_\_\_\_  
Parent/ Guardian's Name

\_\_\_\_\_  
Cell Phone

\_\_\_\_\_  
Parent/ Guardian's Email

\_\_\_\_\_  
Home phone

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Date

☐ \$5 entry fee enclosed

☐ I will help at the event