



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

Peepees (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.

✂ _____ ✂

White Rapids 7th 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