

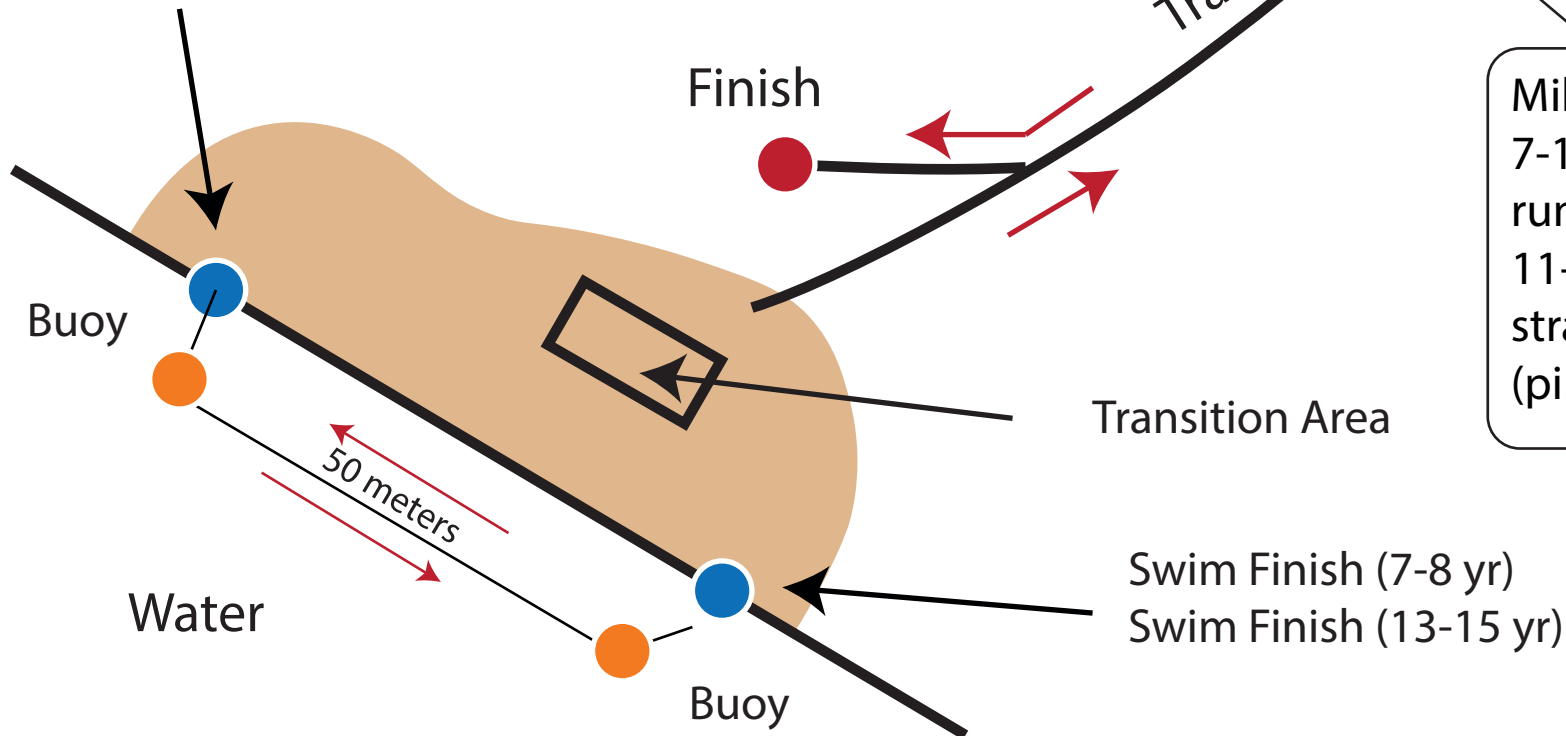
BEAR



YOUTH SPLASH & DASH

Ages 7-8: 50 Meter Swim, 0.5 Mile Run
Ages 9-10: 100 Meter Swim, 0.5 Mile Run
Ages 11-12: 100 Meter Swim, 1 Mile Run
Ages 13-15: 150 Meter Swim, 1 Mile Run

Swim Start (all participants)
Swim Finish (9-12 yr)



Mile 0.5
11-15 yr turnaround,
run to finish.
(blue wrist band)

Mile 0.25
7-10 yr turnaround,
run to finish.
11-15 yr continue
straight.
(pink wrist band)