



RACE TIMING BY
Frederick Steeplechasers
Running Club

CLOVER HILL SWIM / RUN BIATHLON 2009

DATE | **SATURDAY, AUGUST 29TH** (The first Saturday after school starts!)
LOCATION | **CLOVER HILL POOL AND PARK**
TIME | **8:30 AM (9 & UNDER RACE STARTS)**

RACE DISTANCES

(9 & Under) 100 meter swim (4 lengths of the pool) and .75 mile run
(10-14) 150 meter swim (6 lengths of the pool) and 1.5 mile run
(15 & Older) 500 meter swim (20 lengths of the pool) and 2 mile run

RACE DAY CHECK-IN
7:30 a.m.

RACE DAY ENTRIES
7 a.m. check-in
\$35 race day entry fee
T-shirts are not guaranteed

ENTRY FEE & REGISTRATION DUE BY AUGUST 14, 2009

\$25 per entry. All participants receive a Splash & Dash t-shirt and commemorative race wristband. No refunds for this event.

RACE TIMES & PLACINGS

Times will be posted at the Clover Hill Pool and at www.cloverhill.org.



Name _____ Age (as of 8/29/09) _____

Address _____ Phone _____

City _____ State _____ Zip _____ Email _____

Gender: M F For Ages 15 & Older: 500 Yard Swim Time (if known) _____

Swimming Experience (check one so that we will group you with swimmers of similar abilities)

I swim for fun I swim for a summer swim team I swim for a year-round club

IF ATHLETE IS UNDER 18

This is to certify that my son/daughter has my permission to compete in the Clover Hill Splash and Dash and that race officials have permission to authorize emergency treatment if necessary.

Signature of Parent _____ Date _____

WAIVER

(Must be signed) I hereby release Clover Hill Swim Club and Clover Hill Civic Association, all sponsors and contributors, all race volunteers and officials, from any injuries or damages I may receive while participating in the race or activities associated with the event. I am in good physical condition, and I am able to compete in any of the events for which I am registered.

Signature of Participant _____ Date _____

Make \$25 check payable to CLOVER HILL SWIMMING CLUB.

MAIL this entry form and check to Renee Vega, 6703 Kings Mill Ct. Frederick, MD 21702.

OR DROP off this entry form and check at the CLOVER HILL POOL GUARD HOUSE.

DIRECTIONS / RACE MAP (on back)

SPLASH AND DASH: A SWIM-RUN BIATHLON FOR ALL AGES

SWIM

Enjoy an end-of-summer swim in Clover Hill Pool—a 6 lane, 25 meter outdoor pool, set in beautiful Clover Hill Park.

RUN

Ages 15 and under will run along shaded walking paths of Clover Hill Park.

Ages 15 and older will run through the park and part of treelined Clover Hill I neighborhood.

DIRECTIONS

Clover Hill Pool and Park are located north of Ft. Detrick and Frederick Community College, between Opossumtown Pike and Yellow Springs Road.

ADDRESS

Pool Address 8120 Glendale Dr.
Frederick, MD 21702

Park Address 8122 Glendale Dr.
Frederick, MD 21702

PROCEEDS

Proceeds will go directly to the Clover Hill swim team and the Clover Hill pool for needed improvements and repairs.

CHARITY

Bring an old towel or blanket to be donated to the homeless animals at Frederick County Animal Control Shelter.

QUESTIONS

Anne Landon at a.treadwell@verizon.net

NOTICE

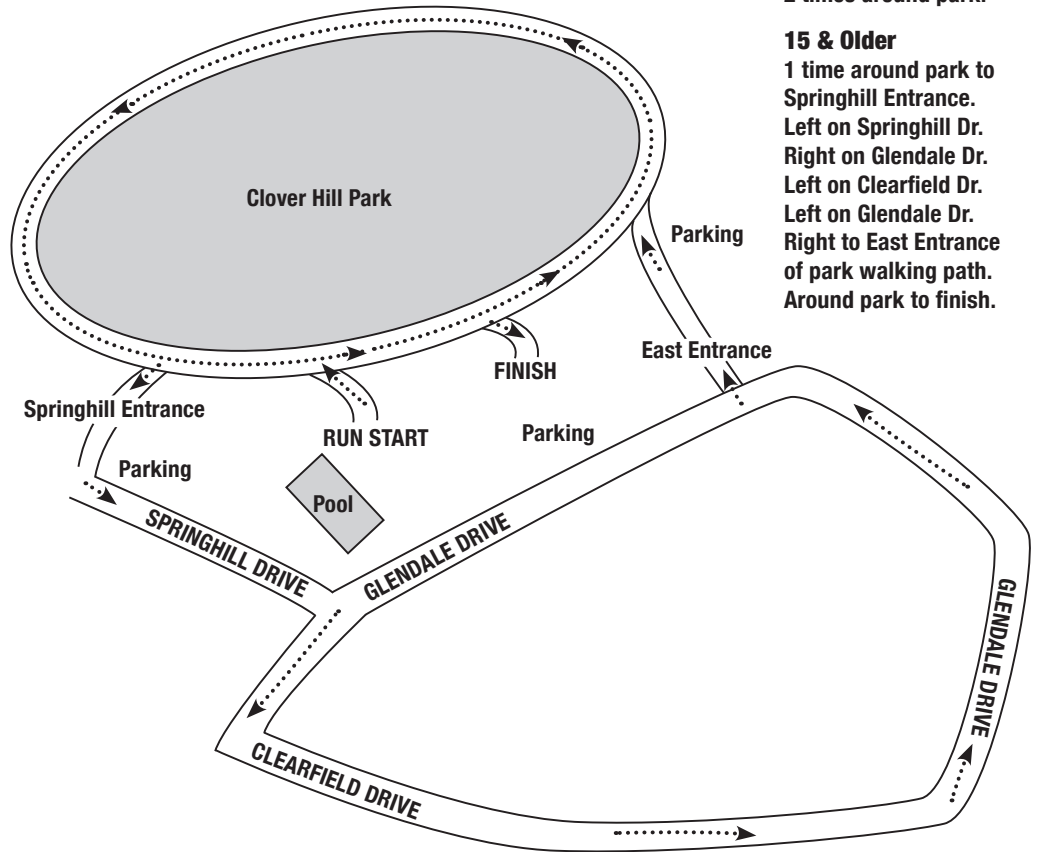
In the event of inclement weather, for safety reasons, Splash and Dash has the right to delay, postpone, or cancel the race.

RUN COURSE

9 & Under
1 time around park

10-14
2 times around park.

15 & Older
1 time around park to Springhill Entrance.
Left on Springhill Dr.
Right on Glendale Dr.
Left on Clearfield Dr.
Right to East Entrance of park walking path.
Around park to finish.



BACK OF SPLASH AND DASH REGISTRATION FORM

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