



NEW THIS YEAR!
Relay Option for
Ages 15 & Older

RACE TIMING BY
Frederick Steeplechasers
Running Club

CLOVER HILL SWIM / RUN BIATHLON 2010

DATE | **SATURDAY, AUGUST 28TH** (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) 200 meter swim (8 lengths of the pool) and .75 mile run
 (15 & Older) 500 meter swim (20 lengths of the pool) and 2 mile run (Relay option)★

RACE DAY CHECK-IN

7:30 a.m.

RACE DAY ENTRIES

7 a.m. check-in
 \$35 race day entry fee
 \$30 race day per relay entry
 T-shirts are not guaranteed

ENTRY FEE & REGISTRATION DUE BY AUGUST 24, 2010

\$25 per entry. \$20 per relay entry. All participants receive a Splash & Dash t-shirt and commemorative carabiner clip with Silly Bandz. No refunds for this event.

RACE TIMES & PLACINGS

www.eteamz.com/Clover_Hill_Hurricanes

★ **RELAY OPTION FOR 15 & OLDER—Find a Friend to do the Swim or Run!**
 Each participant must fill out a registration form indicating whether he/she will run OR swim and must include the name of his/her team member.



Name _____ Age (as of 8/29/10) _____ Gender: M F
 Address _____ Phone _____
 City _____ State _____ Zip _____ Email _____

RELAY OPTION for Ages 15 & Older: (check one) I will do the swim portion I will do the run portion
Name of RELAY team member: _____

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. I am covered by health insurance.

Signature of Participant _____ Date _____

Make \$25 or \$20 (if with a relay) 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

RUN COURSE

9 & Under

A marked course within the park.

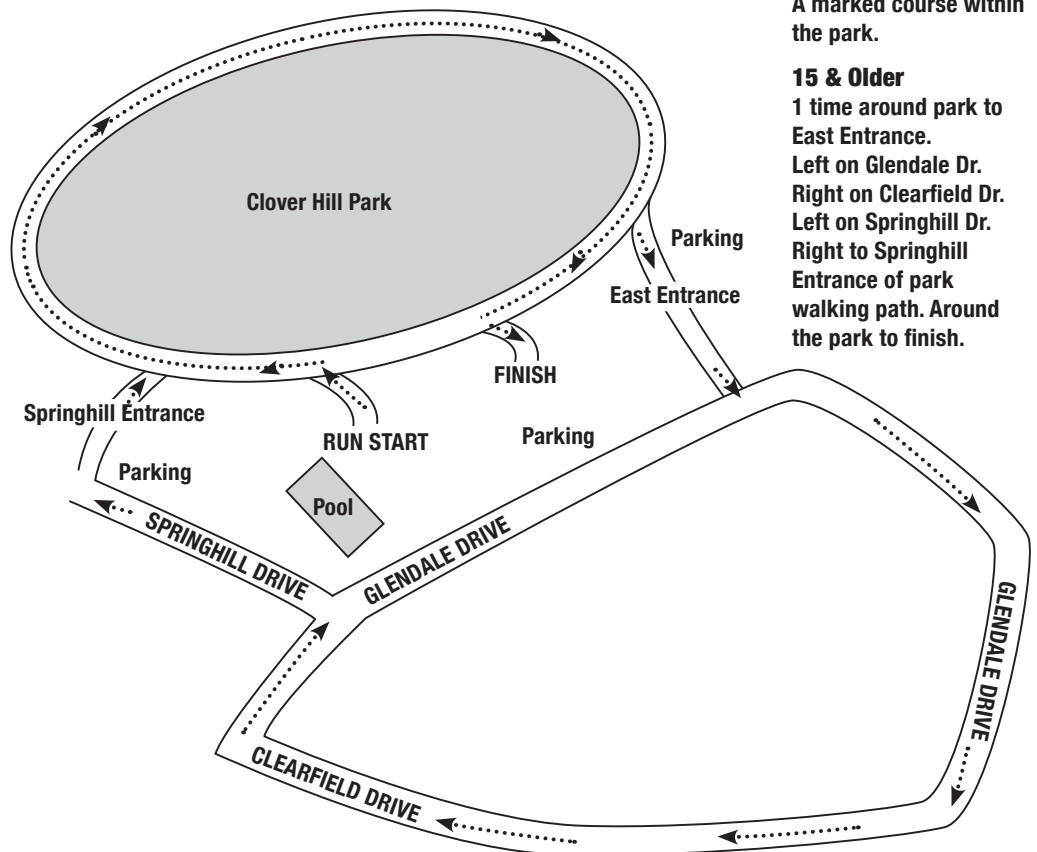
10-14

A marked course within the park.

15 & Older

1 time around park to East Entrance.

Left on Glendale Dr.
Right on Clearfield Dr.
Left on Springhill Dr.
Right to Springhill Entrance of park walking path. Around the park to finish.



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



BACK OF SPLASH AND DASH REGISTRATION FORM

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