



BURNHAM-ON-SEA



SPLASH N DASH

Burnham-on-Sea Swim & Sports Academy

SUNDAY 12TH JULY 2020

Age Group Categories: 8 & Under; 9 & 10; 11 & 12; 13 & 14 Years old. Age as of 31st Dec 2020.

Athletes 15 & over (born in 2005 or earlier) may enter Sprint Aquathlon (Swim 500/Run 5K)

10:00 am Briefing; Swim Start Approx 10:15 Run Start Approx 11:30 am

Individual Entry Form

Name DOB.....

Address

.....Postcode.....

EmailTel

Age group enteredBoy/GirlName of Club or School

Approximate swim timeParent/Guardian Signature.....

Privacy Policy: The Academy respects your privacy & takes protection seriously. We will not sell, distribute or lease your personal information to third parties, unless we have your consent or are required by law to do so. To view our privacy policy in full, please visit <https://www.bospool.com/privacy-policy>.

Age as of 31st Dec 2020

CLASS	YEAR BORN	AGE GROUP	Swim Distance	Run Distance
TRISTART	2012 or later	8 & Under	50m	500m
TRISTAR 1	2011 & 2010	9 & 10 years	75m	750m
TRISTAR 2	2009 & 2008	11 & 12 years	150m	1500m
TRISTAR 3	2007 & 2006	13 & 14 years	200m	2000m

DISCLAIMER

Declaration of Parent/Guardian. I declare that the above named person is fit to take part in this event. I understand that they participate entirely at their own risk, and relieve the race referee, the race organisers/personnel, of any responsibility for injury, loss or damage sustained to either their person or property as a result of participation, howsoever caused. I, or another responsible adult will accompany my child at the event.

As parent/Guardian of the above, I have read, understood & agree with the disclaimer & conditions of the event

Signed Parent/Guardian:.....Date.....

✂-----

THINGS YOU NEED TO KNOW FOR THE EVENT!

Arrive at 9:30 am on Sunday 12TH JULY to register BEFORE the briefing

Don't forget your swimsuit or running shoes!

Remember. Competitors MUST have fun! – This is an event for total beginners & seasoned athletes!

The Swim & Run are separate timed disciplines.

The competitors with the fastest combined times will be the Splash N Dash champions.

Children must be able to safely swim the required distance for their age category, and be comfortable in deep water.

You can swim any stroke you want (Butterfly not advised!©)

Swimmers will be seeded into waves with the fastest swimmers going last.

Once the last swimmers have raced, there will be approximately 15 min break, before we start the run.

The run will be a mass start for Tristart; followed by Tristar1; Tristar 2 & finally Tristar 3.

The run will be on the beach.

Prizes will be given for 1st/2nd/3rd Boys and Girls in each age-group.

**PLEASE RETURN COMPLETED ENTRY FORM WITH PAYMENT OF £10.00 (Cheques payable to: Swim & Sports Events)
To: BOS SWIM & SPORTS ACADEMY, BERROW ROAD, BURNHAM-ON-SEA, SOMERSET TA8 2ET.**