

Campaign for Kids – The YMCA of Central Kentucky’s top priority is to make sure quality physical, educational and inspirational programming is available to all children and adults of Central Kentucky, regardless of their economical backgrounds. Financial gifts to the Campaign for Kids supports these life-enriching programs and ensures accessibility to every person in our community. All proceeds from the Splash and Dash will be contributed to the Campaign for Kids fund.

Race Event – 500-yard pool swim plus 5k (3.1 mile) run. This event begins with the pool swim. Each participant, completing the swim component of the event, must provide the time (seed time) that they expect to finish the 500-yard swim. The start order will be assigned according to the seed times, with the fastest seed going first. The first seed group will start at 9:00 am.

PLEASE CHECK THE CATEGORY THAT YOU ARE REGISTERING FOR:

CATEGORY:	AGE GROUP:	SWIM SEED TIME:
_____ Male	_____ Kids - ages 8-14	N/A
_____ Female	_____ Junior - ages 15-19	N/A
	_____ Age Group - 20-39	_____ mins.
	_____ Age Group - 40-59	_____ mins.
	_____ Age Group - 60+	_____ mins.

_____ **Family Race (Open to ages 8 and up)**

_____ **Team Race (Open to ages 8 and up)**

Swimmer’s Name _____ mins.

Runner’s Name _____

YMCA Mission:

To put Christian Principles into practice through programs that build healthy spirit, mind and body for all.



YMCA

We build strong kids,
strong families, strong communities.



2008 Splash and Dash Swim and Run Event

Name - _____ **D.O.B. -** _____

Address - _____

City - _____ **State -** ____ **Zip -** _____

Phone - _____ **Email -** _____

Emergency Contact Person - _____

Phone of Emergency Contact Person - _____

The YMCA of Central Kentucky Release and Waiver of Liability Agreement

In consideration for being permitted to participate with the YMCA for any purpose including but not limited to utilization and/or observation of its facilities, equipment, services, and programs, without respect to location, the undersigned, for himself or herself and any personal representatives, assigns, heirs, and next of kin, hereby agrees to release, waive, and discharge the YMCA, its directors, officers, employees, and agents from all liability for any loss or damage to personal property, and/or any claims or demands therefore on account of injury or death of the undersigned. The undersigned agrees that the forgoing Release and Waiver of Liability is intended to be as broad and inclusive as is permitted by the law of the Commonwealth of Kentucky. The undersigned also acknowledges that he/she has both read and voluntarily signed this Release and Waiver.

Signature - _____ **Date -** _____

Parents Signature - _____ **Date -** _____
(If under 18 years old)

Photo/Talent Release

I hereby irrevocably release, consent and allow the YMCA of Central Kentucky and its agents to use my photograph/likeness/voice, as it pertains to my participation with the YMCA, in any manner for promotional efforts without expectation of any reimbursement in connection with its use.

Signature - _____ **Date -** _____

Parents Signature - _____ **Date -** _____
(If under 18 years old)

General Rules

Individuals competing in the Splash and Dash will complete a 500-yard swim and then transition into a 5k run. All result times will include transition time. Families and teams competing in the event shall consist of any gender and any age ranging 8 years and up. Families and teams may only consist of two participants. Each participant in the family or team events may choose and complete one portion of the race either the swim or the run. The recorded result times for family and team events will consist of each team member's time combined.

Check In and Transition Set Up Starts at 8:00 am:

All participants should check in and orient themselves with the rules, course, and appropriate start times. Participants may also set up any items in the transition area.

Registration: (fees are per participant)

YMCA Member Event Registration Fee - \$15

Participant Event Registration - \$25

All registration fees are contributed to Campaign for Kids. Additional contributions are graciously accepted for the YMCA Campaign for Kids. All contributions are tax-deductible.

Participants may mail in the registration forms to:

Hope Proctor
North Lexington Family YMCA
381 W. Loudon Ave.
Lexington, KY 40508

YMCA Members may register online at www.ymcaofcentralky.org.

Race day registration will be accepted up to 30-minutes prior to the start time.

For Additional Information Contact:

Hope Proctor, Wellness Director

859-258-9622

hproctor@ymcaofcentralky.org



SPLASH & Dash

Swim & Run Event

500-yard swim combined with a 5k run

Saturday, March 29, 2008

9:00 a.m. Start Time

North Lexington Family YMCA

YMCA Members Fee: \$15

Participant Fee: \$25

Event Sponsored by:

