



Lake Montclair 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 Course
 One loop = 50m
 Ages 7-8 will complete one loop = 50m
 Ages 9-10 will complete 2 loops = 100m
 Ages 11-12 will complete 3 loops = 150m
 (ages 9-15 will run along beach to start next loop.)

7-10 Yr Old,
 Turn around and run to finish line(pink wrist band).

11-15 yr old
 continue to next turn around point (blue wrist band).

Run Course Turn Around
 11-15 yr old
 Repeat course backwards to finish line.

0.5 mile

0.25 mile