



**FIT Family Series
Atwood Lake Park**

Splash N Dash

SWIM

300m (2 Laps) - 11-15

150m (1 Lap) - 10 & under

RUN

2k (1.2 miles) - 11-15

1k (.62 miles) - 10 & under

DIRECTIONS: Dual Time Trial Start (2 athletes start at a time every 5-10 seconds) on beach swim start. After transitioning to the run, participants will take on an out & back run in the park on the paved Woodland Trail.