



**FIT Family Series**  
**Seneca 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.