



FIT Family Series
Tappan 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 Cabin Beach Trail.

