BreakAway

SPLASH & DASH / KIDS TRI

FAMILY SPLASH & DASH COURSE MAP

the YMCA

HOSTED BY:

ThreeRivers PARK DISTRICT

ELM CREEK PARK RESERVE

N

GETTING STARTED

1. RACER CHECK–IN
2. DROP OFF CLOTHES AT T–ZONE
3. GO TO START TENT

SWIM POND

SWIM IN

2 T-ZONE (for run)

3

START PRE-RACE RALLY

RUN OUT

TRAIL IN WOODS

NO PARKING

VOLUNTEER PARKING

FINISH

1 CHECK-IN

Stairs to Acorn parking lot

O-ZONE (Obstacles)

P

P

P

P

SPLASH & DASH

**100–yard shallow swim
1-mile obstacle run**

MAP KEY

RACER CHECK–IN

SWIM COURSE

START PRE-RACE RALLY — RACE START

RUN COURSE

P — PARKING

SPONSORED BY:

FOSS SWIM SCHOOL