



# SPLASH + DASH



YOUTH RACE  
**August 4, 2024**

7:00AM Start Time

7-8 YRS: 50 YD SWIM +.5 MILE RUN

9-10 YRS: 100 YD SWIM + 1 MILE RUN

11-12 YRS: 100 YD SWIM + 1 MILE RUN

13-14 YRS: 200 YD SWIM + 1.5 MILE RUN



**SPLASH INTO THE SPIRIT OF THE OLYMPICS WITH THE  
STATELINE FAMILY YMCA SPLASH AND DASH!**

**CHALLENGE DETERMINED BY AGE**

Dive into the excitement and energy of the Olympics with the Stateline Family YMCA Splash and Dash event! This thrilling experience is a fantastic way to combine the joy of swimming and running in a fun and supportive environment. Whether you are a seasoned athlete or just looking to try something new, the Splash and Dash is the perfect opportunity to challenge yourself and have a great time doing it. Join us for an unforgettable day of fitness, camaraderie, and celebration at the Stateline Family YMCA Splash and Dash!

[www.statelineymca.org/splash](http://www.statelineymca.org/splash)