



1st Ever “All” Water Triathlon March 29

Are you ready to push yourself in the aquatic world?!

Activities Involved:

- 1 Circle swim in the first three lanes of the pool for 1 mile. (32 laps/64 lengths)
- 2 Aqua jog and/or tread water for a timed 10 minutes in the deep end.
- 3 Run 32 shallow laps in the shallow end.

The first three lap lanes will be open to swim laps. In the other three lanes, the pool will be divided into a shallow side and a deep side. Staff will be at each station to help guide/direct participants.

Prizes:

Prizes will be awarded to the winners in each age group. Grand Prize: FREE 1 month membership to the park! (Or participating programs in the amount of a month's membership). Other prize packages will be awarded along the way!

7-8:30am (First Heat)

9-10:30am (Second Heat If Necessary)

Fee:

\$25 R, \$30 NR (Pre-Register)

\$35 R, \$40 NR (Race Day)

Cardboard Boat Regatta ★ March 15

Calling all ship builders! Come out and show off your seafaring skills. We challenge all amateur ship builders to design, construct, and navigate their boats made entirely out of corrugated cardboard across the blue seas of the War Memorial Building's indoor pool. Cardboard and a roll of Duct Tape will be provided to all participants. Any other decorations are up to you. Compete for most creative design, endurance, Titanic (most spectacular sinking), fastest, most decorative, and minimalist (least use of materials). 9am-Noon.

Fee: \$20 R, \$25 NR (Register by March 1)
\$30 R, \$35 NR (Race Day)

Teams of two: Youth (ages 6-16), Adult (16+), Parent & Child (18+ and under 12)

Solo: Races for 16+ also available

