Lifeguard Tri

Run 1mile Swim 500 yd Paddle 1000 yds

Monday July 12th put your skills to the test. You will have 1 hour to complete the 2nd annual Lifeguard Tri. For each event you complete, you will raise money for the Silver Strand Junior Lifeguard Association for an even bigger and better end of the year banquet!!!

How it works…

Get donations to support you in the Lifeguard Tri. The donation can be based on per event completed. Or you can collect flat donations for completing the whole triathlon. Have pledges ready by July 9th and after the triathlon you can tell everyone what you did and collect your donations! (Due by July15th).

Name and address	Run Pledge	Swim Pledge	Paddle Pledge

Flat Donation: _____

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Example:

A. $1.00 – child completes 2 runs, 1 swim and 1 paddle = Total donation $4.00
B. $2.00 – 1 run, 3 swim and 2 paddles = $12.00
C. Child completes Tri in 52 min. with a flat Donation of $5.00