

THE STUDENT RECREATION CENTER

PRESENTS:

NOVEMBER 9, 2014



SUPERHERO
SPLASH AND
DASH

RACE START: 9:00 AM
PRE-MEETING: 8:30 AM

RACE START: 11:00 AM

Cost for participation:

Early Bird deadline - October 5

Tri Series: \$23 ODU, \$25 Community

Splash and Dash: \$5

After October 5th:

Tri Series: \$27 ODU, \$30 Community

Splash and Dash: \$7

MUST purchase USAT day license with registration if not
already a member: \$12

FOR MORE INFORMATION, CONTACT: TAMARA MORGAN
TMORGAN@ODU.EDU

Event Distances:

400 yard snake swim,
6 mile bike, 3.1 mile run

Splash and Dash:

100 - 200 swim, 1-2 K run
(children will be running in their
best Super Hero costume)



Old Dominion University
Recreation & Wellness
4700 Powhatan Ave Suite 1207
Norfolk, VA 23529
odu.edu/recreation
757-683-3384
Division of Student Engagement
and Enrollment Services

Register at
Active.com

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AND YOUTH EVENT