

# 2006 SWIM-A-THON, FUN DAY AND MINI TRIATHLON

**TARGET: RAISE \$1,000,000 AND TO HAVE LOTS OF FUN**

**Date: February, 11, 2006**

## WHATS HAPPENING AND WHEN:

1. Swim-A-Thon: first lap 9:00 AM – last lap starts at 11:30 AM
2. Beach Water Polo: 10:00 AM - 12:30 PM
3. Mini Triathlon: Three age groups 10 and under, 11-14, 15 and over
  - a. 11 and over Triathlon starts at 7:30 AM
  - b. 10 and under Triathlon starts at 10:00 AM
  - c. Beach Water Polo 10:00 AM – 12:30 PM
3. Other pool games (bring spare clothes and sneakers)

## ENTRY FEE

- Swim-A-Thon and fun day: **FREE** (with entry form)
- Fun Day only: **\$200**
- Mini-Triathlon and fun day: **\$300**
- Volunteers and spectators: **FREE**

**Contact person:  
Carol Cuffley (ASAJ office)**

## PRIZES

### SWIM-A-THON PRIZES

- 1<sup>st</sup> place (money raised): Tickets for 2 on Air Jamaica to any Caribbean or North American destination  
2<sup>nd</sup> place (money raised): Family weekend at Rondel Village – Negril (meals not included)  
3<sup>rd</sup> place (money raised): JA\$10,000 Movie tickets  
Many other Swim-A-Thon prizes

### TRIATHLON

25% of the total triathlon entry fees shared among the three category winners

## SWIM-A-THON SPONSORS

  
AIR JAMAICA  
[www.airjamaica.com](http://www.airjamaica.com)

RONDEL VILLAGE  
NEGRIL, JAMAICA  
[www.rondelvillage.com](http://www.rondelvillage.com)



**Pick up Swim-A-Thon forms at the ASAJ Office—National Stadium Pool**

National Stadium Pool  
Independence Park  
Kingston

Phone: 920-6230  
Fax: 920-6129  
E-mail: [asaj@cwjamaica.com](mailto:asaj@cwjamaica.com)

Triathlon participants will be required to sign a waiver

SEE BACK OF THIS FLYER FOR MORE INFORMATION

The Annual ASAJ Swim-A-Thon is held to raise money for Jamaica's Aquatic programmes as well as providing a means for our CARIFTA Swimming Championship Team Members to source the funding needed to travel to Barbados in April. While doing that we are all going to have fun and have the opportunity to compete in a mini triathlon.