



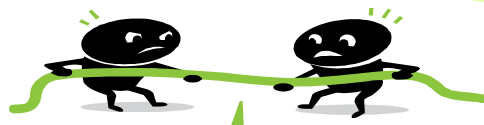
NOMAD's Relay Race/Field Day

Saturday, April 17th, 2010 (Rain date: April 24th)

Seeking: Relay Teams, Sponsors & Volunteers!

NOMAD Aquatics & Fitness wants to get your kids moving! We will host 10 relay races for relay teams of 4 children. The teams can be co-ed and composed of four: 5 to 8 year olds, 9 and 10 year olds or 11 and 12 year olds. Each relay will register under a team name and will compete within their age group for a trophy in relays in the pool and field. Relays will be fun and competitive! The cost is \$100 per relay team; teams **MUST** be registered by April 1st. If you register your team by March 15th, you'll receive a \$10 discount (\$90). Teams will need to bring a plain t-shirt per participant to decorate together that morning. They will also need some cash to buy lunch on our field after the relays. We will have sponsor tables and activities as part of our field day; the entire community is welcome to participate!

See you there!



Time: 8am to 12pm

8am: T-shirt Design Party/
Team Spirit

9am: Field Relays

10am: Pool Relays

11am: Field Day/Lunch/
Community Kickball Game

Relays will Include: Egg Race, Find Your Shoe, Sponge Toss, 50 yard dash, The Crawl, Dog Paddle, The Mermaid, etc.

Trophies for winning teams in each age group.
Participant awards for all!

For more info or to sign up,
contact Mandy or Leigh:

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