



### Aquaplex Rules

February 1st-14th

- Minimum: 2 lengths to enter (2 widths of the pool is equal to 1 length)
- No maximum!
- Must swim during Lane Swim or Designated Lane Swim times

### Badlands Community Facility Rules

February 15th-28th

- Minimum: 7 laps on the running track or cardio machine of choice. (or 1km)
- No maximum!
- Distance is tracked in kilometers or laps equivalent.
- People are welcome to participate during the hours of operation at the BCF

### General Rules

- Must be 18 years of age or older
- To enter the Battle of the Sexes, participants **must** do the required minimum distance.
- Participants who achieve (and track) the minimum distance will be entered into a draw with combined Aquaplex and Badlands Community Facility participating totals for a:
  - 1 - three month multi facility membership for the winning sex
  - 1 - one month multi facility membership for the losing sex
- **Write your results down legibly! If we can't read your name, we can't enter you into the prize draw!**
- Daily track sheet will be at the front desk – the honor system will be used.
- Staff of the BCF and Aquaplex are not permitted to participate