



[www.aquathon.com.au](http://www.aquathon.com.au)

**So you want to SPLASH N DASH?**



*Congratulations on taking on or considering the fun challenge of the Australia Day Illawarra Aquathon. This swim and run event is designed to appeal to ages and abilities, and with a little preparation can be enjoyed safely. In the ilk of events as the City to Surf, our make up of entrants across all standards, with the theme of fun, fitness, fund raising and celebrating a unique and active start to Australia Day.*

*We are Australia's biggest participation swim and run, have an impeccable 12yr history, place strong emphasis on safety, participant enjoyment, value and professional services and that everyone can swim and run and have fun.*

*As you will have read on our comprehensive website the Australia Day Illawarra Aquathon offers all ages and standards a fun, achievable option to join in the fun. Do it for fitness, for charity, for a fun challenge or a unique way to celebrate Australia Day.*

*Where do I start?*

*First I suggest you review this guide along with the event details on our comprehensive website. If you still have questions feel free to contact event director Rob Battocchio on [rocket.rob@optusnet.com.au](mailto:rocket.rob@optusnet.com.au) or 0413 862676.*

*So now that you have read the event details lets look more closely at how to prepare and complete the Aquathon.*

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## **First Step...ENTER and COMMIT**

**Enter?** Now that you have decided to give the event a go, you need to enter online or via mail/fax. See website for details.

You are also encouraged to Aquathon for charity, and support a worthy cause. It's a simple process and is facilitated by Australia's largest charity website partner [www.everydayhero.com.au](http://www.everydayhero.com.au). Search Aquathon or enter via our website [aquathon.com.au](http://aquathon.com.au) and click 'fund raising' tab.

### ***What distance?***

This depends on your age, level of fitness and event goals. Kids 12 and under will be placed in the Kids Aquafun, and the Short and Long options exist for 12 years and over (12 years can opt aquafun or short). If in doubt choose the distance that you feel is at your level and if you change your mind ensure to contact event director minimal a two weeks early to change.

The event can be done individually: be you swim than run, or tag team with one person the swimmer than the other is runner, as a relay. There are age divisions from U10years right to 60yrs+, and teams in junior/open/master/corporate/parent and child.

### ***Consider..***

- Event courses (see website for the course maps).
- Level of fitness and Goals: for short and long participants consider that the Aquathon requires you to combine (individuals) a swim and run, and this is a little tougher than just one or the other. Either are attainable but it is important to factor the preparation required, your level of fitness and event goals.
- Teams whilst only the one section, still need to factor their fitness for distances.
- Time to complete event. Indication kids < 45min, Short: < 60-70min, Long < 95min

### ***Preparation Time...***

This will depend on your background and experiences and distance, and whether as an individual or tag team. A few weeks is minimal for beginners, but again relative to your fitness and distance.

### **AIM:**

- SWIM: 2-4 times per week, with one in 'open' water or rock pool if possible. Try and swim minimal the distance if not 100+ extra in one go...
- RUN: 2-4 times and again try and do one or two at the event distance or a bit longer
- SWIM / RUN: once a week or say 2-5 times before the event, try and combine the two and even if shorter distance it will help condition your body and practice running after swimming, plus changing into your run shoes whilst wet and tired!

## Training Groups:

Why not consider joining a group, local jogging or triathlon club, enlisting the services of a trainer (see below), work mates, friends and family whom have experience?

Illawarra Triathlon club also has free Wednesday night aquathons at Wollongong harbour and URAC (UNI Pool) are conducting a three week lead up training camp).

Refer to their websites

**Services:** Altitude Health and Fitness home of aquathon, bring you professional trainers with ample experience and can provide programs, personal training/coaching and sports dietitian too.

Refer: [altitudehealth.com.au](http://altitudehealth.com.au) or contact event director rob Battocchio directly 0413 862676

### Preparation tips:

- Once chosen distance prepare a plan over a few weeks (4+) in lead up to the event.
- Build up to be able to get past the distance you have entered
- Speak to someone whom has done the event or similar before for advice
- Two weeks out try combining both swim and run (if individual)
- Consider goggles for open water and wetsuit
- Flippers: yes but you MUST contact event director and be INELIGLE for age group prize
- Do some open water swimming if not familiar
- If need to stop and pause in the water, that's fine. don't panic, take a moment or two, try back or breast stroke than continue on
- Start at the back of swimmers if not a strong swimmer and avoid frantic start.
- Let fast stronger swimmer go first
- Place marker so you can find your shoes among the hundreds, as a bright small towel
- Consider elastic lasses to make putting on shoes after the swim easier
- If need to walk along route that's fine. Just pick up after you have gathered your breath...
- Ipods: etc: not permissible under insurance rules

## MEDICAL:

We encourage all abilities and have had people with various medical conditions. At first instance you must contact the event director for qualification.

### *Pre Event Considerations:*

- **Do you need accommodation?** See our preferred accommodation partners for Aquathon discounts. Quest Wollongong, Hotel IBIS Wollongong and Novotel Wollongong mention aquathon for a special rate.
- **Travel:** ensure to plan your trip and time. Check [toursimwollongong.com](http://toursimwollongong.com)
- **Parking on the day.** Due to the huge festivities going on at Wollongong harbour the main road foreshore will be closed to traffic. This means a great traffic free event, but also means you have to factor sufficient time for parking and walking to the event. As the Aquathon is first up parking is normally close but do allow enough time.
- **Last minute friends, work mates keen to enter?** We encourage entry online up to 72 hours pre day. On day limited late entry also. See website.
- **Gear.** Ensure you have joggers, togs, goggles, and any thing else to wear. Have you considered elastic lasses for ease of putting shoes on?

- **Diet:** eat sensible, enjoy a nice carb pre day diner, plenty of water and leave the alcohol post event....
  - **Last minute event site check...**if you get a chance go over the site, maybe even try a pre day trial...plenty do.
  - **Hydration:** being January the weather tends to be warm, humid and can be hot. It can also be cool and wet (but let's not talk about that). Ensure to hydrate well pre day, on the morning, factor clothing, slip slop slap and on the day we provide water stations and refreshments at the end.
  - **Personal belongings:** we cannot guarantee the safety but do close the transition area to public. Best to have friend hold your belongings and only place race gear in transition
  - **Keep the spirit of a fun Australia Day...** and enjoy the event.
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### ***Will the event be cancelled?***

The event will occur in all weather conditions unless as a safety issue for entrants under event insurance rules causes cancellation or course modification. This would be typically very inclement weather that places event participants at high risk of injury. Rain, or even a thunderstorm are not normally considered highly inclement. Event director and race referee discretion.

Change of course> If due to unforeseen weather or other conditions the event referee for safety considerations reserves the right to cancel, or modify part or all of the course.

Unfortunately refunds cannot be paid, but again we trust this highly unlikely event does not occur.

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<b>ON DAY</b>
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### ***Registration:***

- Make your way to event site (Wollongong harbour) where marquees are located on road side (easily visible). Refer website for times
- This is divided into events and categories.
- Line up and then mark off name, collect event kit.
- Put on time chip left ankle
- Place run gear in transition
- Teams refer email for instructions and listen on day, you have a team change area designated for swapping Velcro 'relay' baton swimmer to runner.
- Listen to event race caller for more instructions
- Allow minimal 60-90 min pre event to park, collect gear and set up (note: registration close time see website)

### **Race Briefing**

20 min pre all events

The PA announcer will call entrants for full group and then pre each event race briefing. Listen to instructions.

- There is plenty of signage and marshals around whom will be able to offer assistance.

- The event runs smoothly and for most just get event kit, place joggers in place, and/or find team member and relax, than get ready for a fun splash and dash...
- Over 100 + volunteers on duty to ensure a safe and fun experience.

### **Start:**

- Refer times on website
- Clearly marked signage and listen to event caller...
- Ensure swim caps are worn and follow race referee instructions

### **THE SWIM:**

- The swim is held in the enclosed sheltered Wollongong harbour will lifeguards patrolling the water in both motor craft and free craft.
- Sand shore start – ankle to knee deep
- Start divided into sections for safety. Ie Male Under 30, than male 30-50, etc and divided by 2 to 20 minutes. This means less numbers and apart from kids Aquathon separate male, female and team starts. Refer website more details.
- The water is typically flat but of course wind and ocean conditions can make the water choppy and bumpy. Most years the water has been mainly flat, but we can't control the weather.
- Over 15 swim patrol lifeguard volunteers in water to assist .
- Courses are easily identifiable and stay within harbour (long course extends slightly out and so more bumpy seas may prevail)
- It is advisable to practice in open water prior to the event.
- Our lifeguards do a magic job and are there to support you. If you feel unwell or need a break or can't finish the course at first pause try and relax, and take a few moments to gather yourself, if though you need assistance just raise one arm straight in the air and a lifeguard will come to assistance.
- Swim caps provided are compulsory
- Listen to event director pre race to ensure you are familiar with swim course, safety rules and swim exit
- Wetsuits can be used (up to 22 degree water temp), determined on day
- Flippers/other floatation device? Not generally but will be allowed for beginners but strictly under written event director permission - You can still participate but forfeit awards in your category.

### **The Transition**

You next part of the event is where you change from swimmers to your joggers, or tag the team runner to do this part for you.

1. Exit swim, follow signs / people up the stairs from sand to concrete path
2. At top of stairs/ramp you meet a 100m long x 4m wide concrete path and grass sides. This is divided into sections for Aquafun, short and Long sections
3. Place shoes (compulsory) and singlet or other top (not compulsory) and any other medical (asthma puffer), sunglasses. BUT no personal belongings.
4. We take all care and close this section to public but cannot guarantee safety of your personal belongings.
5. Location of runners: it is sometimes hard to find your joggers post swim and also among hundreds of other pairs. Mark this by a coloured item, marker or something small.
6. Put on runners and any thing else, than follow exit (north) to transition exit

**Teams:**

1. Swimmer exits at team exit (marked on day)
2. Runners will be waiting in sectioned off south end of the concourse
3. As swimmer approaches, runner move forward
4. Swimmer and runner to switch the ankle Velcro strap. This acts as a relay baton and without it no time recorded, thus DQ.
5. Ensure strap on firm but don't cut off circulation!
6. Runner follow south exit as per individuals

**KIDZ AQUAFUN:** Your TEAM CHANGE is north end and separate to short/long.

- Refer above but your area is separate and located near children playground on south end of transition. You can freely set up at any time.
- Listen to event referee

**Parents Back of the Pack**

Parent can follow in swim and run U10 years ONLY back of pack and happily encouraged but cannot interfere with other entrants and not for more competitive types

**THE RUN**

1. The run is along the same start and initial 1km section on flat scenic coastal cycleway.
2. Head north
3. All participants head north along a cycle way (shared) out on RIGHT SIDE and BACK RIGHT SIDE.
4. At 1km a sign says KIDZ AQUAFUN TURN in front of North kiosk. Aquafun entrants will be directed to turn here ONLY.
5. Short continue to 1.5km water station turn in Stuart Park (refer maps on website) and long continue further north follows the flat cycle way, to Fairy Meadow Surf Club, water station located here, then return via Puckies Nature Estate (flat dirt track) and then back via Stuart Park to finish (as per maps at website and directed by signs and marshals along route).
6. Safe, scenic flat run. Cycle way, open grass reserve and dirt tracks form basis.
7. Refreshment drinks along route. 1.5km (short turn / 3.5km long turn / 4.5km short re for long and finish)
8. Marshals there to assist if need help.
9. Finish under finish arch on cliff road
10. Take off time chip and put in collection bins (directed by staff)
11. Make way to refreshment area (fruit, water)
12. If need medical help, you will be guided to St John's ambulance volunteer
13. Enjoy your fine effort, the magic day and wait for presentation at 11am.

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**PRESENTATION:**

11am OSBOURNE Park for prize awarding and spot prizes. Park located opposite the harbour – directly across the road.

## **What If...**

*I fail to complete the course?*

If for any reason you cannot complete the course, please ensure to:

- Notify a course marshal with your name and event
- Hand in time chip
- Seek medical help if required

*First Aid...*

Located at start/finish and route via marshal 2-way radio call

Other questions>

Please contact event director:

Rob Battocchio:

0413 862676

[Rocket.rob@optusnet.com.au](mailto:Rocket.rob@optusnet.com.au)

Best luck, be safe and have a super fun splash n dash☺