



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

**So you want to AQUATHON?**



*Congratulations on taking the fun challenge of the Australia Day Illawarra Aquathon. This swim and run event is designed to appeal to juniors and seniors, and from beginners to elite athletes. 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.*

*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.*

*The Aquathon is an attainable event for most people and our participants have included kids as young as six years, our eldest at 74 yrs, visual and physical impaired entrants, to Olympic athletes, media and sporting personalities, international visitors and all in between. It's about being active on Australia Day and having a go. A little preparation will ensure you get to the finish line safely and enjoy the fun splash n dash.....*

*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.*

*And remember its just a splash a dash and loads of fun..*

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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).

### ***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. 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.

### ***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 < 40min, Short: < 50min, Long < 80min

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

Now that you have entered its time to start preparing for a safe and fun Aquathon event. This will depend on your background and experiences and distance, and whether as an individual or tag team. 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?

Not only will preparing for the event ensure you are ready, you will enjoy the fun challenge and new 'fit' you...and enjoy the friendly atmosphere.

**Services:** Our affiliated sponsors include URAC (Wollongong University Aquatic & recreation centre), Altitude Peak Health and Fitness, Scott Endurance. Refer to website for private, group and specialised services to get you in shape for the event.

### **Preparation tips:**

- Contact one of our preparation crew (see services at website)
- Once chosen distance prepare a plan over a few weeks (4+) in lead up to the event.
- Try and swim minimal twice per week and run twice per week
- 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
- Do some open water swimming if not familiar
- Consider elastic laces 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...

### ***Pre Event Considerations:***

- **Do you need accommodation?** See our preferred accommodation partners for Aquathon discounts. Quest Wollongong, Hotel IBIS Wollongong and Novotel Wollongong.
  - **Travel:** ensure to plan your trip and time
  - **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.
  - **Medical:** If you have a medical condition you are asked to contact the event director pre day to qualify participation. Also consider medication as do you need to take your asthma puffer?
  - **Charity...**are you fund raising? Rally up your troops for support.
  - **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 laces 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.
  - **Keep the spirit of a fun Australia Day...**
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### ***Will the event be cancelled?***

The event will occur in all weather conditions unless as a safety issue for entrants. 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.

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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Next section: ON DAY

## ON DAY

### **Registration:**

- Make your way to event site (Wollongong harbour) where marquees are located on road side (easily visible)
- This is divided into events and categories.
- Line up and then mark off name, collect event kit.
- Put on time chip
- Place run gear in transition
- 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**

- 7.40am and then 20 min pre Aquafun and Short Course
- 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, then get ready for a fun splash and dash...

### **Start:**

- Refer times on website
- Clearly marked signage and listen to event caller...

### **THE SWIM:**

- The swim is held in the enclosed sheltered Wollongong harbour with lifeguards patrolling the water in both motor craft and free craft.
- Sand shore start – ankle to knee deep
- Start divided into sections for safety. 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.
- 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? NO - unless authorised by event director. You can still participate but forfeit awards in your category.

## **The Transition**

*Now that the swim is over...*

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 at signage relevant to your event (visible on day)
2. Exit up a ramp or stairs (safe and volunteers on hand)
3. 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.
4. Place shoes (compulsory) and singlet or other top (not compulsory) and any other medical (asthma puffer), sunglasses. BUT no personal belongings.
5. We take all care and close this section to public but cannot guarantee safety of your personal belongings.
6. 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.
7. 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.

Parents asked NOT to be in this area. Younger kids can get some help but keep to MOST NORTH END of team change

## **THE RUN**

1. The run is along the same start and initial 1km section. All participants head north along a cycle way (shared), that follows coastal route.
  2. At 1km a sign says KIDZ AQUAFUN TURN. Aquafun entrants will be directed to turn here.
  3. Short and long continue as per maps at website and directed by signs and marshals along route.
  4. Safe, scenic flat run. Cycle way, open grass reserve and dirt tracks form basis.
  5. Refreshment drinks along route
  6. Marshals there to assist if need help.
  7. Finish under finish arch (onsite at Wollongong harbour)
  8. Take off time chip and put in collection bins (directed by staff)
  9. Make way to refreshment area (fruit, water)
  10. if need medical help, you will be guided to St John's ambulance volunteer
  11. Enjoy your fine effort, the magic day and wait for presentation.
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**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