

AQUATHON



KIDS AQUA

GUIDE

KIDS AQUA

The Kids Aqua distance is a huge crowd favourite and perfect for kids aged 7 to 12's.

Hundreds take part and we go all out to ensure a safe, fun and supportive environment for all kids

Do it on your own, buddy up with a friend in a relay and parents can tag along in the U10's too!

 AGE			Individual or Tag teams Finishers medals 
u10s:	120m + 2km		
10-12s:	200m + 2km		



Safety and Fun!

- Aquathon events are generally considered very safe and accessible for most children ages 7yrs+ with a little bit of preparation beforehand
- Organisers go to great lengths to ensure participant safety, though parents and children should ensure they are prepared and practice before hand.
- Make sure you are comfortable meeting the **minimal swim distance** of your event
- Parents are allowed to accompany/support their children through the swim and run (if U10 years old)
- Organisers have chosen Wollongong harbour and have introduced a number of safety precautions to make the event the safest it can possibly be. These safety aspects include:

Protected
harbour swim -
close to shore

Loads of
lifesavers
supporting kids

Brightly
coloured swim
caps

Achievable
distances

Key services
- First Aid
Water stations

Flat, cycle-way
run & support
marshals

Parents can
swim and follow
younger kids

Small start
groups split
into age &
gender

Individual &
Relay Team
options



Check out our
2019 Event Video
[Click to watch](#)

Tips for parents



1. Make sure your child is capable of swimming and running/walking the required distance
2. Base the event on fun, participation and supporting your child's efforts
3. Get your child used to 'open water swimming' - take them to an ocean pool, beach, lake or harbour
4. Visit Wollongong harbour as a family and jump in the water to get them familiar with the venue
5. Walk or run the course - bring the family or the dog and make a morning out of it!
6. Talk positively about the event in the days leading up - encourage your child and let them know you will be there supporting them every step of the way
7. Think of the event as 3 components: the swim, getting changed into your joggers and the run!
8. Encourage friends and family to also enter so your child will see familiar faces (remember there is a 20% discount for family members!)
9. Practice using the swimmers, goggles and runners that will be worn on event day - so that your child will be comfortable on event day
10. Watch the **Event Video** so your child can see what event day looks like

Trudi's Tips

Former Aquathon winner and proud mother, Trudi Barnes, gives her top swim tips for preparing your child for the Kids Aquathon:

1. Visit the harbour for a practice swim before event day
2. Swim alongside your child in waist deep water and encourage your child
3. Practice a few 'ins and outs' - run out of the water onto the sand and run back down into the water
4. Practice swimming without goggles just in case they fall off





Event Day

1. Check the venue, parking and travel route allowing enough time to park and walk to start
2. Find "Registration Marquee" at harbour
3. Collect your swim cap, timing chip and goodies (parents to attend with child)
4. Place timing chip (soft velcro strap) around child left ankle This records your time, is waterproof and is handed back at the finish line.
5. Place your run gear in the 'Change Area' prior to your event (North side of Cafe)
6. Relay Teams: Swimmer begins on shore, runner waits in the 'Change Area' to tag swimmer. The velcro strap needs to be swapped from swimmer's ankle to runner's ankle.
7. Warm up and listen to announcer for instructions.

Change Area

Take the time to set up your gear in the Change Area so you can easily find your runners after the swim

What to bring?

SWIMMING GEAR		RUNNING GEAR	
Swim Suit	✓	Running Shoes	✓
<u>Cossies</u>	✓	Shorts/tights	✓
<u>Boardies</u>	✓	T-shirt	✓
Goggles	✓	Hat	✓
Swim Cap	✓	Sunglasses	✓
Wet Suit	✓	Sunscreen	✓
Flippers	✗	Towel	✓
<u>Floaties</u>	✗	Change of clothes	✓
Floating toys	✗	All weather gear	✓
Kick Board	✗	Personal meds	✓
Surf board	✗	Thongs	✗



Place run gear and towel at change area

Keep other items to a minimum

Watch out for others when running in the change area

Use a bright towel or hat to find your spot

Elastic laces makes for a quicker change

Swim Location: Wollongong harbour

Run: "Blue Mile pathway"



Metres
0 100 200 300 400 500

KIDS AQUA

SWIM LEG



SWIM 140m (6-9yrs) SWIM 200m (10-12yrs)

RUN 2km Swim Exit Transition

Drink Stations

Start

Finish



Site Map



What to do on event day?

1. Go to REGISTRATION - collect swim cap and time chip
2. Go to NORTH end "PINK KIDS ZONE" - place run gear here and wait for instructions
3. Then go to SWIM MARSHALLING ZONE when called (8.25am)
4. Listen to safety briefing and start instructions on shoreline

Why is Kids Aqua awesome

Mia Parker

"I love doing Kids Aqua as a team – it's so much fun!
It's not about winning, it's about challenging yourself and doing the best you can"



Hana & Xanthe Barnes

Hana Barnes did her first Kids Aqua last year with her sister Xanthe and they loved it!
"We love doing Kids Aquathon together as a family"



Mikayla Whant

"My favourite part of the Kids Aqua is swimming in the harbour.
I love encouraging my sister and friends to take part.
Just have fun and try your best!"



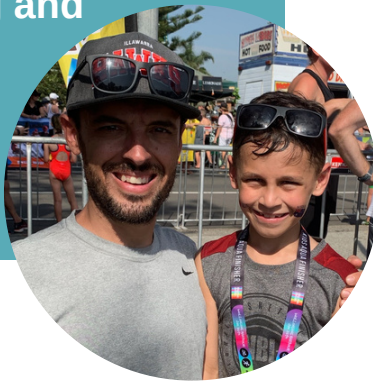
Kaitlyn Williams

"I love that all my friends do Aquathon with me – we have lots of fun together.
I love that everyone gets a medal just for taking part."



Billy Anderson

"I did my first Kids Aquathon in a team with my Dad. I love the running leg and the noise the crowd made when they cheered me on."



Swim safe

Where do you swim?

The Kids Aquathon is held on the picturesque
'Wollongong Historic Boat Harbour'

Distance/s

Rectangular course from shoreline

- 120m for kids 7-9 years
- 200m for kids 10-12 years

- No surf break
- Generally, very clean, free from debris (unless severe storms/rain)
- Venue is closed to public on event day
- Water is normally calm to bumpy – dependent on winds and conditions
- Temperature: January – February averages 20-22 degrees

What happens at the Swim Start?

- Make your way to the sand with your swimmers, goggles, swim cap and timing chip on your left ankle
- Line up on the sand
- Pre-swim safety briefing occurs - listen to announcer
- Start groups are made up of smaller group based on age/gender set off a few minutes apart.
- Swimmers wear bright swim caps
- The course is set with large visible markers
- Lead lifesaver will paddle the course to demonstrate
- Kids swim goes ~ 50/60m off shore, rectangle course
- Experienced lifesavers monitor the swim
- Tag Team runner should wait for the swimmer at the 'Team Change Area' on shoreline as advised



**Whilst winds/rain/swell can impact the water colour/quality the harbour is generally very clean and safe for swimming. The event is expected to proceed under most (except extreme weather events) conditions. Age/distance limits may be altered due to conditions assessed on the day.*

Water Services

- Standby first aid
- Water safety
- Event marshals
- Large markers
- Parents in water

Now Let's Run

Well Done - you have finished the swim...

Once you exit the swim, you walk or run to the 'Change Area'.

The Kids Change Area is located on the grass on the northern side of the concourse. Prior to your event you would have placed your running gear in the 'Change Area'.

- Make sure your joggers are on tight - and off you go!
- 1km out (2km total) flat, wide 'Blue Mile' cycle path to North Beach and back - spectacular!!!
- Once you reach the North Wollongong Surf Club, turn around and head back to the finish line. MARSHALS will direct you!
- There will be a drink station at the turn around point.
- The course is well marked with on course marshals.



Relay Tag Teams

Not the best swimmer or runner? Then RMB Lawyers Relay Teams are your go. One is the swimmer, one is the runner...easy as that.

The swimmer starts with timing chip, runner waits in Kids Change Area to be 'tagged' – this means swapping the velcro timing chip from the swimmer's ankle to the runner's ankle.

You can even do a Parent and Child Relay Team.

Plus you both get finishers medals!



Finisher Medals

All kids receive a finisher medal!!



Awards

KIDS AGE WINNERS

1st, 2nd and 3rd age per boys and girls divisions receive a special medallion and prize.

TEAMS WINNERS

1st, 2nd and 3rd team per age group receive special medallions.



Common FAQs

Did you know? There's a dedicated FAQ page on the aquathon website and loads of information and maps about the kids aquathon.. [FAQ page](#) and [Kids Aqua page](#)

What if the Harbour is rough?

Whilst very rare as the harbour is mostly protected - wind and rain can make the water choppy and storm water run off can occur. Lifesavers will determine the best for safety and decide on either: maintaining the swim, move the swim to a safer area in the harbour, reduce the distance or to swap the swim for a 'wade'-water run.

What if my child does not finish the swim?

THAT'S OK, simply exit the water and continue the event run but we need to not count the finish time towards official age awards, but you still get a finisher medal!

Can I swim and run with my child?

Parents can assist children in the swim and run of the U10 event. Parents are to avoid interfering with other children. NO parents inside the 'Change Area' unless your child is under 9. Parents are to take responsibility for their child once the event is completed.



Sign up

JOIN THE FUN



WE'RE COVID SAFE

ENTER NOW

AQUATHON
26.01.2022
aquathon.com.au

KIDS AQUA

120m/200M
U10/10-12's

2km

