



AQUATHON



BEGINNERS GUIDE

Ready to TRY Aquathon?



If you haven't ever done an Aquathon - no worries. This Aquathon Beginners Guide has all the tips, tricks and info to help you prepare for your first Aquathon!

Aquathon is an excellent, fun, fitness event suitable for all fitness levels. You can be a first timer simply keen for a great safe fitness workout, multi-sport participant or an experienced triathlete looking to add some spice to your race programs.

Designed for everyone, Aquathon can be enjoyed as a safe and achievable event by most ages and fitness backgrounds.



Follow Hana as she prepares for her first Australia Day Aquathon

"I can't wait to try my first swim n run Aquathon on Australia Day. It looks super fun and what a great way to kick off Aussie Day. I will be getting my mates on board too.."

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

Aquathon Distances

Distances vary with short and long swims paired with a run at various distances. Events such as the AAquathon, offer various distances to suit beginners and those keen to challenge themselves. The official Aquathon distances are: Prefer to stay on dry land? The Blue Mile 5 Fun run is perfect- run, jog or stroll along the coastal blue mile track.



LONG AQUA


900m 7km

SHORT AQUA


400m 3km

MINI AQUA


200m 2km

KIDS AQUA


120/200m 2km



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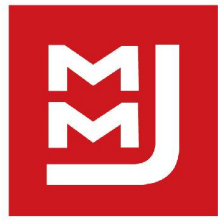
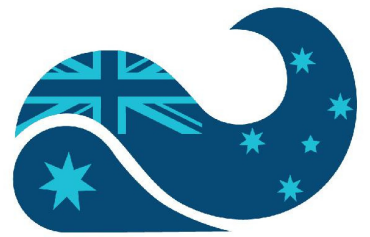
Do it on your own

You do both the swim and run. Swim is divided into age/gender smaller groups and run is traffic free supported by loads of volunteers.

Relay Tag Teams

Relay tag teams are perfect if you only want to swim or run. Simply grab a mate and register

1. One person is the 'swimmer' and the other the 'runner'
2. The 'tag' involves swapping the ankle time Velcro from swimmer to the runner at the 'team zone' located ~70m from shore



AUSTRALIA DAY

AQUATHON

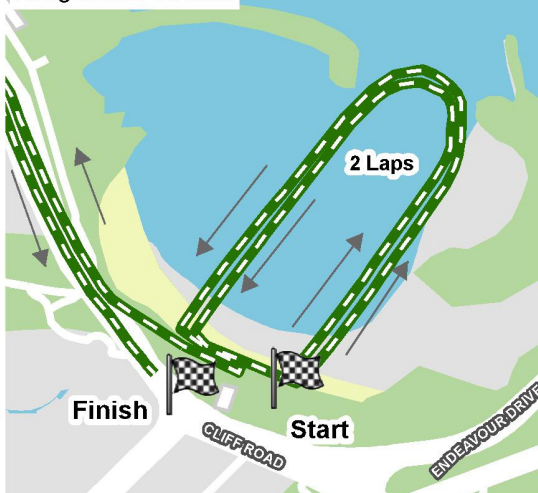
Kids and Try Swim Course



Short Swim Course



Long Swim Course



Safety and Fun!

- Aquathon events are generally considered very safe and accessible with a little bit of preparation beforehand
- Organisers go to great lengths to ensure participant safety, though you should ensure you are prepared and practice before hand.
- Make sure you are comfortable meeting the **minimal swim distance** of your event
- Organisers have chosen Wollongong harbour and have introduced a number of safety precautions to make the event the safest it can possibly be.

Safety aspects include:

- Protected Harbour swim close to shore
- Loads of lifesavers supporting your swim
- Brightly coloured swim caps
- Achievable distances
- First Aid and Water Stations on course
- Flat cycleway run supported by marshals
- Small start groups split into age and gender



Safety & Medical Assistance:

Event day first aid is on standby located at the start and finish and on the course. Provided by St John First Aid and Wollongong First Aid and qualified lifesavers in the water. If required, seek assistance from an event marshal or directly with the first aider.





How to train for Aquathlon?

Aquathons are fun, safe, achievable and a great all-round workout. You don't need any fancy equipment or to be part of a club to participate. Aquathons are the perfect entry to the sport of triathlon or simply a great fitness challenge no matter your sports background.

Getting Started:

- Allow 3-6 weeks for short events and 5+ weeks preparation for longer and beginners.
- Base your training program on your level of experience and event goal - race or fun event.
- Seek out expert advice or local swim/ triathlon/run club who offers training sessions.
- Get a friends involved or work group and practice together for motivation.
- Select appropriate goggles, swim wear, and practice and get comfortable
- Two weeks out try running after you have been swimming - this will get your legs used to switching from swimming to running
- Consider elastic laces to make putting on shoes after the swim easier
- Don't forget your nutrition, stretching, and adding some strength work

Swim Tips:

- For novice swimmer, try and get a few swim lessons it really helps.
- Consider an open water beginners group, triathlon or running club to assist.
- Get the feel for open water swimming – start with ocean/rock pool, and move to flat water or safe surf/beach venue.
- Seek advice from friends whom are familiar with open water swimming or local expert advice, local swim coaches, surf/ triathlon clubs or services as Oceanfit in Sydney
- A great workout can be multiple shorter swim (pool or open water) and run. - Wetsuits may be a good option to assist for an easier (and warmer) swim.
- Build up to be able to get past the distance you have entered.





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 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. Tag Teams: Swimmer begins on shore, runner waits in the 'Change Area' to tag swimmer. The velcro strap needs to be swapped from swimmer ankle to runner's ankle.
7. Warm up and listen to announcer for instructions.

| 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 | ✗ |

Change Area

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



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



Lets swim 'safe'

Where do you swim?

The MMJ Australia Day Aquathon is held on the picturesque 'Wollongong Historic Boat Harbour'. It is sheltered, clean and safe on most days.

Depending on the distance of your event, you may do one or two swim laps - refer to maps.

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 (~ 2min apart)
- Swimmers wear bright swim caps - divided into age/gender/team colour groups
- The course is set with large visible markers
- Lead lifesaver will paddle the course to demonstrate
- Experienced lifesavers monitor the swim
- Tag Team runner should wait for the swimmer at the 'Team Change Area' as advised

- 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



Water Services

- Standby first aid
- Water safety
- Event marshals
- Large markers

**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.*

Jump out of the water

Well Done - you have finished the swim...

Once you exit the swim, you walk or run to the 'Change Area'. Prior to your event you would have placed your running gear in the 'Change Area'.



Now Let's Run

- Make sure your joggers are on tight - and off you go!
- Head out onto the flat, wide 'Blue Mile' cycle path. Scenic, coastal, spectacular and safe run course!
- All participants head north out of the change area and do the same first km to North Beach
- Kids and Mini turn at North Beach Surf Club
- Short turns at Lagoon Restaurant
- Long turns at Puckeys/Fairy Meadow
- There will be a drink station at the turn around point
- The course is well marked with on course marshals



Awards

Prize giving ceremony

Held 11.15am on official stage at Osbourne Park.

Prizes for 1st, 2nd & 3rd age and gender divisions plus heaps of spot prizes!

Everyone
receives a
Finishers
Medal

Support Lifeline Southcoast

AQUATHON



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LIFESAVING**

Wednesday 26 January

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