

TRY AQUATHON

AUSTRALIA DAY
AQUATHON
2018



INSIDE: All the tips you need
for your first Aquathon



Ready to TRY Aquathon?

“Aquathon”, “Aquathlon”, “Biathlon”, “Swim Run”...

involves a SWIM followed by a RUN! The best thing is you can do it solo or in a tag team where one swims and one runs.

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 type, or an experienced triathlete looking to add some spice to their race programs. Designed for all individuals, Aquathon can be enjoyed as a safe and achievable event by most ages and fitness backgrounds.



Check out our preview video!!!



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.."

Aquathon Distances

Distances vary with short and long swims paired with a run at various distances. Events such as the Australia Day Aquathon, offer various distances to suit beginners and those keen to challenge themselves. The official Australia Day Aquathon distances are:

		
Kids (6-12)	140m for 6-9 yrs. 200m for 10-12 yrs.	2km
TRY Aqua (13+)	200m	2km
SHORT Aqua (13+)	400m	3km
LONG Aqua (14+)	900m*	7km

*two lap 450m swim with short walk/run on sand

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

Tag Teams

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

What to wear?

Swim suits	✓
Cossies	✓
Boardies	✓
Googles	✓
Swim Cap	✓
Wet suit	✓
Flippers	✗
Floaties	✗
Floating toys	✗
Surf/boogie board	✗

Running Shoes	✓
Shorts/Tights	✓
T-Shirt	✓
Hat	✓
Sunglasses	✓
Thongs	✗
Towel	✓
All weather gear	✓
Sunscreen	✓
Change of clothes	✓
Personal Medication	✓

Are Aquathon's Safe?

Aquathon events are generally considered very safe and accessible for most ages 6yrs+ with a little bit of preparation beforehand. Of course, you need to meet the minimal swim distance of your event and you need enough fitness to complete the whole aquathon. If you are sure, we recommend having a medical screening prior to participating in the event.

Organisers are VERY safety conscious with an impeccable record with ten's of thousands individuals having successfully completed the Aquathon safely.

Organisers have chosen Wollongong harbour and have introduced a number of safety precautions to make the event the safest it possibly can be. These safety aspects include:

- Accessible venue with mostly sheltered swim in the boat harbour
- Stringent risk management protocols
- Experienced lifesavers in the water
- First aid and emergency crews on stand by
- Flat, accessible run
- Water stations
- On course marshals Check out our highlight video and see for yourself



How to claim 30% off for you and a mate...

1. Both must be first timer "TRAY AQUA participate
2. Enter online as per usual
3. Select TRY AQUA MATE option
4. Fill in the form and payment will automatically be the discounted rate
5. Challenge your mates to join in!!



"Aquathon's are fun, achievable and a great all-round workout"

The perfect entry to a triathlon or simply a great fitness workout for any sport/background. No expensive equipment, you don't need to be part of a club or affiliation, sheltered and manageable swims distances and traffic free runs...you can even tag and split the distance with a mate....Parents can follow the little one's too..

**CHECK OUR COMPREHENSIVE (and regularly updated)
ONLINE PREP PAGE: PROGRAMS : VIDEO'S : TIPS**

- Allow 3-6 weeks for short events and 5+ weeks preparation for longer and beginners.
- Base your training program on level of experience, and event goal - race or fun event.
- Seek out expert advice or local swim/triathlon/run club whom offers training sessions.
- Get a friend or friends involved or work group and practice together for motivation.
- For weaker/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
- Build up to be able to get past the distance you have entered. Select appropriate goggles, swim wear, and practice and get comfortable – two weeks out try combining both swim and run
- 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.
- Consider elastic laces to make putting on shoes after the swim easier
- Don't forget your nutrition, stretching, and adding some core/functional strength work



Let's Swim

Where do you swim?

The Australia Day Aquathon is held on the picturesque 'Wollongong Historic Boat Harbour', a favourite for many multi-sport events, mostly sheltered, clean and safe. The harbour is a major tourism site and continues to undergo multimillion dollar works to upgrade its destination appeal and historic value.

- No surf break
- Picture perfect
- Generally, very clean, free from debris (unless severe storms/rain)
- Venue is closed to public on event day- participants only
- NSW Maritime Exclusive aquatic licence
- Water is normally calm to bumpy – dependent on winds and conditions
- Temperature: January – February Averages: 20-22 degrees

Swim Start

- Swimmers line up on the sand
- Pre-swim safety briefing occurs
- Smaller group starts separate based on age/gender (~ 2min apart)
- Swimmers wear bright swim caps
- A course is set with large visible marker buoys
- Beginner and kids stay close to the shore
- Experienced lifesavers monitor the swim



**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 (bar extreme weather events) conditions, with age/distance limits due to conditions assessed on the day.*

Change Area

Once you exit the swim, you walk or run to the 'change area'. This is located not far from the swim exit. Prior to your event you would have placed your running gear in the 'change area'. Each event has a dedicated area, as do tag teams.



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 object or reference point to find your spot

Elastic Laces makes for a quicker change

Let's Run

- Scenic, coastal, spectacular and safe run course!
- Mix of walkway along the amazing 'blue-mile', park, cycle path and puckies nature estate off road track.
- All participants head north out of the change area and do the same first kilometer to North Beach (Kids and Try Aqua turn here), with the Long and Short continuing onto Stuart Park.
- The Short Aqua turns at Lagoon Restaurant (1.5k mark) with a water station and back to the start.
- Long Aqua continues onto a cycle path heading to fairy meadow beach, for the turn point / water station and back to Stuart Park via 'puckies nature reserve dirt track', and simply follow the same way back to the finish.
- Each turn point has a water station, is well sign marked with on course marshals. Traffic, and road free.



Event Day

1. Check the venue, parking and travel route allowing enough time to park and make your way to the start
2. Go to "CHECK IN MARQUEES": Easily visible and located on south side of café at harbour foreshore
3. Collect your swim cap and time chip and any sponsor handouts (parents with U16)
4. Tag teams collect one entry kit per team
5. Place time chip (soft Velcro strap) worn around your ankle. It is water proof and will stay on. It records your time, and is handed back at the finish line.
6. Place your run gear at the change area for your event, this will be marked out
7. Warm up, than Listen to announcer for instructions

As your event is called...

1. Make your way to shoreline (as per announcer instructions)
2. Listen to pre-event safety and course briefing
3. Each age/gender lines up for the start..
4. Tag Team Runner: you are located at 'team change'

Services

- Standby first aid
- Amenity blocks
- Refreshments
- Water safety
- Event marshals
- Timing, awards

What else happens after the event?

Enjoy cheering on participants, visiting sponsor stalls, refreshments, and a fun Australia Day.

Prize giving ceremony

Win prizes and award ceremony is held at 11.15am at official stage on Osbourne Park. Plus stay on for stalls, and festivities part of WCC Australia Day



What are you waiting for?

TRY AQUA

SWIM AND RUN



WOLLONGONG HARBOUR

FRI26JAN

AQUATHON.COM.AU

LONG AQUA



900M 7KM

SHORT AQUA



400M 3KM

TRY AQUA



200M 2KM

KIDZ AQUA



140/200M 2KM

SAVE 30% OFF ENTRY! ENTER TRY AQUA + MATE

*SEE WEBSITE FOR DETAILS