



SPLASH & DASH 2022 / 2023

MOAMA POOL TRIATHLON COURSE

SENIORS:

132m swim | 11.5km bike | 2.4km run

JUNIOR SHORT COURSE:

66m swim | 2.4km bike | 500m run

JUNIOR LONG COURSE:

66m swim | 4.8km bike | 1.2km run

RACE VENUE

A long-standing location used over the summer holidays is our location at MOAMA POOL. This location allows us to remain close to town (WINBI unable to be used during school holiday periods) while providing a safe and familiar location for many.

Moama pool is located Cnr Blair & Francis Street, Moama. A beautiful 33m, 6 x lane swimming pool. There is a large grassed area just outside of the pool we utilise for our transition area, as well as a handy set of swings for those with children.

Please ensure you read all details when participating at our Moama Pool location so you are aware of our rules and safety, expectations of participants, and know and understand the course.

Reach out if you have any questions.

KEY INFORMATION

PARKING: Plenty of off-street parking available. We ask you just keep the area clear where we move from the grass area to Blair Street clear.

TRANSITION: The transition is located in the grass area in-front of the pool. Note that we DO NOT have access to bike racks at this location. So bike can be laid on the grass area or against the pool wall – in an orderly manner. Our committee members may ask you to move/relocate your bike should they require for safety reasons. So please follow any directions.

ROAD SURFACE: Both the bike and run legs are on bitumen / paved surface.

TIMING: Will be located in the transition area on the grass. Please ensure you make yourself aware of where this is when you arrive / before you start. All participants are required to 'touch on' with their yellow band at the end of the SWIM, after you return from the BIKE leg, and then at the end of the RUN leg to finish.

MOUNT / DISMOUNT LINE: Will be marked with cones as you turn LEFT out of transition for seniors and RIGHT out of the transition area for juniors. Participants must not mount their bike until they are on the road AFTER the mount line, and BEFORE you return to the dismount line.

RULES & SAFETY

Please ensure you are aware of our rules and safety instructions.

All participants:

- Are required to follow directions of marshals or Club Volunteers
- Ensure your bike is in good working order including brakes, and tyres are pumped up
- Helmets must be fastened on the head prior to heading out on the bike leg
- Helmets must remain fastened until the bike is racked / placed back in transition
- Must have a red light on the rear of your bike for the bike leg
- When riding and running, please stay left unless otherwise advised / directed.
- While on the bike leg, you must abide by all road rules and/or directions of our marshals/volunteers
- **SENIORS:** NO DRAFTING on the bike leg. Please be respectful of this.
- **SENIORS:** When attempting to pass another rider you MUST do a head check over your right shoulder for any cars before veering out. Please only pass when safe to do so.
- **JUNIORS:** All juniors will be provided with a bright vest that will be worn for the duration of the event. There will be two different colours based on which course distance: SHORT course is PINK or LONG course GREEN. These are required while swimming also. You can choose whether to keep another top on underneath.
- Shoes must also be worn on both bike and run legs.
- You are encouraged to have a hydration bottle on the bike and you may leave a bottle in transition also.
- Please remove any bags / unused gear from transition prior to the start of the event.
- To ensure we can maintain a safe course, parents and senior members/participants will be requested at times to assist in course marshalling. We are unable to run these events safely without the help of parents and members.

SWIM LEG – 33m POOL
SENIORS: 4 x 33M LAPS: 132m
JUNIOR SHORT COURSE: 2 x 33M LAPS: 66M
JUNIOR LONG COURSE: 2 x 33M LAPS: 66M

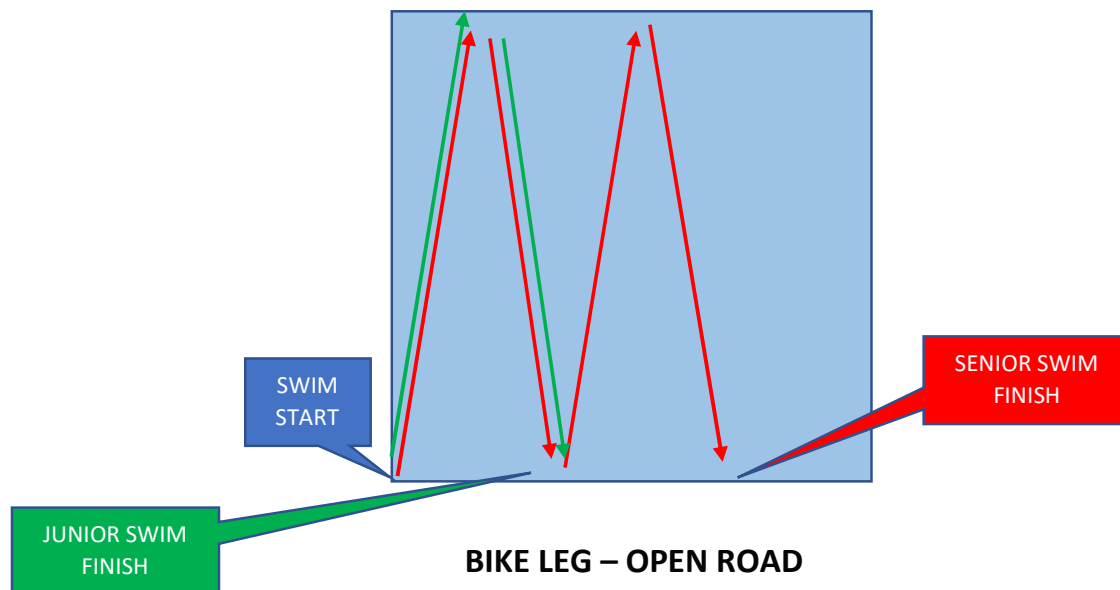


SENIORS: The first leg of a triathlon is the swim. Seniors will complete a 'M' shape swim in the pool, completing 4 x laps.

JUNIORS: For both our short and long course juniors the swim leg is the same distance. Juniors will swim in a TRIANGLE shape, completing up and back of the pool – 2 laps.

After you finish the swim, don't forget to 'touch on' with your yellow band at the timing point in the transition area before you head to your bike.

SAFETY: Moama Pool provides a lifeguard for your safety. BUT please to look up at intervals when swimming to ensure you are swimming in the right direction / to avoid running into swimmers coming in the other direction.



BIKE LEG – OPEN ROAD
SENIORS: 2 x 5.75KM OUT & BACK: 11.5KM
JUNIOR SHORT COURSE: 1 LAP: 2.4KM
JUNIORS LONG COURSE: 2 x 2.4KM LAPS: 4.8KM

SENIORS: ***Note alternative bike course due to road surface on Holmes road where we normally ride***

As you leave transition you will turn LEFT and run with your bike to the mount line. Once you pass the mount line you will be able to jump onto your bike and start riding. Ride turns left soon after onto Francis Street, through the round about and onto Chanter Street. This simple bike course is a straight out and back, keep following Chanter street where it then turns into Bett Street. Follow all the way to the end where we will have a marshal, returning the same way back into town. When you return back to the Chanter Street round about, do a you turn and head back out for a second lap. When you come back from your second back, go straight through the round about, right into Francis Street back to transition. Ensuring your dismount your bike BEFORE the dismount line and run your bike back into transition.

JUNIORS: As you leave transition juniors will turn RIGHT onto Francis Street. Please ensure you follow directions from marshals. The junior course heads up Blair Street, turning into Barnes Road, staying to the left of the road and then onto the footpath on the side. You will turn around at the marshal and head back to transition / where you started.

SHORT COURSE – will complete this ONCE only.

LONG COURSE – will complete this TWICE.

When you arrive back at transition, your bike leg is done! Make sure you hop off your bike BEFORE the dismount line. And then Run your bike back into transition.

RUN LEG



SENIORS: 2.4KM
JUNIOR SHORT COURSE: 500M
JUNIOR LONG COURSE: 1.2KM

All participants will complete an out and back course. As you exit transition you will turn right onto Blair Street. As you leave transition, don't forget to 'touch on' with your yellow band at the timing point to record your bike time.

SENIORS: Turning at the furthest turn around point and completing a 2.4km out and back course.

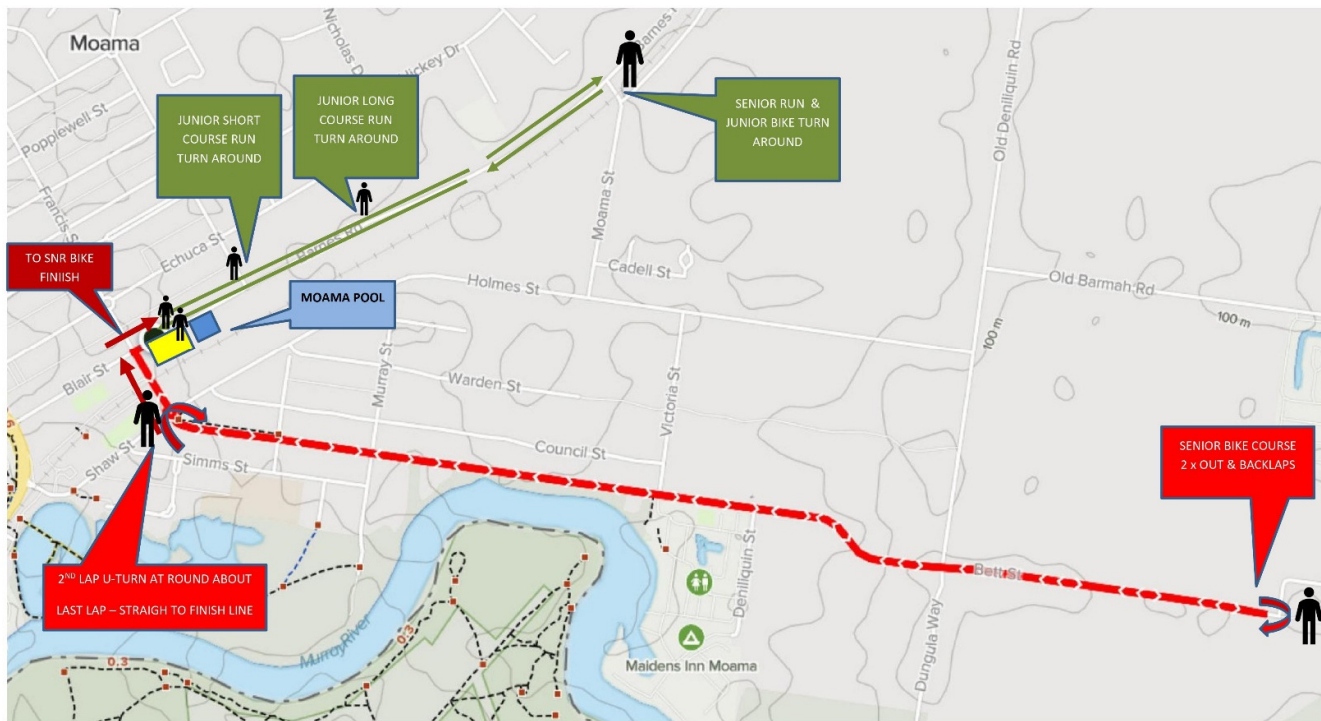
JUNIOR SHORT COURSE: Will complete a 500m out and back course. You will turn at the FIRST Marshall / turn around point at the Martin Street Intersection.

JUNIOR LONG COURSE: Will complete a 1.2km out and back course. You will turn at the SECOND marshal / turn around point.

Again don't forget to 'touch on' at the timing point to record your run time and finish your race!

MOAMA POOL SPLASH AND DASH COURSE MAPS

(alt senior bike course)



JUNIORS: - TWO 33 M LAPS OF MOAMA PUBLIC SWIMMING POOL **BIKE** - - SHORT ONE LAP | LONG TWO LAPS OF SENIOR RUN COURSE (BLAIR ST) **RUN** - - OUT BLAIR STREET 250 / 600 M AND BACK 250/600 M
SENIORS: SWIM - - FOUR 33 M LAPS OF MOAMA PUBLIC SWIMMING POOL **BIKE** - - TWO LAPS (11.5KM) **RUN** - - OUT BLAIR STREET 1.2 KM AND BACK 1.2 KM