



2026 / 2027 SPLASH & DASH
INFORMATION GUIDE
(SENIORS)



1. WELCOME

Welcome to all our new and returning members — adults, juniors and families! Our weekly **Splash & Dash** events are an integral part of the Echuca Moama Triathlon Club and one of the fantastic benefits of being a Club member. Splash & Dash is all about bringing our members together each week to enjoy some friendly racing, have fun and build confidence — **regardless of age, experience or ability**.

Whether you're a seasoned triathlete, returning to racing, just starting out or completely new to triathlon — **ALL ARE WELCOME!**

We hope you enjoy this year's Splash & Dash season and, most importantly, enjoy being part of our Club community!

2. SEASON CALENDAR

The Club holds **Splash & Dash events from October through to March**, providing members with regular opportunities to train, race and enjoy time together throughout the season.

Key events on the Club calendar include our **Senior and Junior Club Championships**, as well as our marquee event, the **Echuca Moama Multisport Weekend**, which attracts participants from both locally and interstate.

Please note that Splash & Dash dates and/or event formats may be subject to change. We encourage all members to follow the Echuca Moama Triathlon Club Facebook page for the latest updates and any changes throughout the season.

Follow us on [facebook](#)

View our season calendar [HERE](#).

3. MEMBERSHIPS & HOW TO JOIN

To participate in our weekly **Splash & Dash** events, you must either:

- Be a current member of **AusTriathlon and Echuca Moama Triathlon Club**; or
- **Come & Tri!** Casual participation is welcome, with a casual entry available on the night.

Casual Entry:

Juniors – \$10

Seniors – \$20

Payment can be made by **card** on the night.

All participants must be a member or have a casual registration to ensure they are appropriately covered under the applicable **AusTriathlon insurance arrangements**.

[JOIN AS A MEMBER](#)

[LEARN MORE ABOUT COME & TRI](#)

4. RACE NIGHT & WHAT TO DO

1. ARRIVE & CHECK IN

Bring yourself and all your race gear to the event location for the night.

Bike racks will be provided at most venues. Please note: bike racks will not be available when Splash & Dash is held at Moama Pool.

On arrival, check in with our handicapper to receive your timing band and your allocated handicap start time.

Your handicap time determines when you will start the race.

For example, if you are given a 5-minute handicap, you will start 5 minutes after the first competitor.

2. SET UP

Set up all of your race gear in the designated transition area.

New to Splash & Dash or triathlon? Please ask one of our volunteers or Club members if you need a hand — we are more than happy to help!

3. RACE BRIEFING & START

A race briefing will be held at approximately **5:55pm**, covering any important information for that evening's event. The first competitor/s off scratch (0 minutes) will start at approximately 6:00pm, with remaining competitors starting according to their allocated handicap times.

4. TIMING YOUR RACE

Your timing band must be scanned at the timing reader at the completion of each leg:

- **Swim** – scan your timing band when you exit the swim and head back to transition
- **Bike** – scan your timing band when you finish the bike.
- **Run** – scan your timing band when you cross the finish line.

Once you have completed the event, **please return your timing band to the timing table.**

5. RESULTS & PHOTOS

Keep an eye on your **email and Club social media** for results, photos and updates following each event.

JUNIOR PARTICIPANTS

If your child is participating in Splash & Dash, a **parent or guardian is expected to be in attendance and actively supervising them throughout the event.**

The Club cannot accept responsibility for children who are left unattended at our event venues while their parent or guardian is participating in the event. Parents and guardians are responsible for ensuring their child is supervised before, during and after their participation in Splash & Dash.

5. VOLUNTEERING

Our Splash & Dash events simply would not be possible without the support of our members and families. Volunteers are essential to ensuring we can continue to provide a safe, well-organised and enjoyable racing environment for everyone.

To help share the workload across the season, ALL members are required to volunteer at least three times throughout the season, regardless of whether you intend to compete in the Club Championships. For junior participants, a parent or guardian is also expected to fulfil the volunteer requirement.

NOMINATING YOUR VOLUNTEER DATES

You can nominate your preferred volunteer dates in advance so we can place you on the roster.

Please also keep an eye on the Echuca Moama Triathlon Club Facebook page for our weekly volunteer call-outs and opportunities to help.

If you do not nominate for volunteer dates, you may be allocated a position on the roster to help ensure all events are adequately staffed.

If you are unable to fulfil a volunteer commitment, please make every effort to arrange a replacement with another Club member, or contact our Volunteer Coordinator for assistance in finding a replacement. We appreciate everyone who puts their hand up to help — your support is what makes our weekly racing possible!

[View the Volunteer Roster HERE](#)

[Follow us on Facebook for weekly volunteer call-outs](#)

6. SPLASH & DASH CHAMPION

Every Club Member who participates in a Splash & Dash event will earn points based on their finishing position each week.

For the **2026/27 season**, there are **18 eligible Splash & Dash races** in total. While you can race as many as you like, only your **best 8 results** will count towards your final points tally.

To be eligible to be crowned **Splash & Dash Champion**, you must:

- Complete a **minimum of 8 eligible races** throughout the season; and
- Fulfil the Club's **minimum three volunteer commitments** during the season.

Each month, we'll release the current **Splash & Dash leaderboard**, so you can see how you're tracking throughout the season.

And because every Splash & Dash event is **handicapped**, everyone has a chance to race their way to the top!
Who will be crowned our 2026/27 Splash & Dash Champion?!

7. CLUB CHAMPIONSHIPS & ELIGIBILITY

Each year, the Echuca Moama Triathlon Club holds our Club Championships — a highlight of the season and a great opportunity for members to race for the honour of being crowned an EMTC Club Champion.

The Senior Club Championships will be held on 3 March 2027 and will be raced over a sprint-distance course:
500m Swim | 20km Bike | 5km Run

Club Champions will be awarded to:

- **Overall Female Club Champion**
- **Overall Male Club Champion**
- **Female Age Group Champions**
- **Male Age Group Champions**

ELIGIBILITY TO BE CROWNED CLUB CHAMPION

ALL participants must be a current full member of the Echuca Moama Triathlon Club for the season.
In addition, participants must meet **one** of the following eligibility pathways:

OPTION 1 – MEMBER PARTICIPATION

- Volunteer at a minimum of three (3) Splash & Dash events during the current season; AND
- Complete a minimum of six (6) Splash & Dash events during the current season.

OR

OPTION 2 – COMMITTEE MEMBER

- Be an active **Echuca Moama Triathlon Club Committee member** for the current season.

Active Committee membership is recognised as fulfilling the Club's volunteer contribution requirement.

IMPORTANT

Everyone is welcome to race in the Club Championships!

However, participating in the race does not automatically make you eligible to be crowned a Club Champion. To qualify for a Championship title, you must meet the eligibility requirements outlined above.

So whether you're chasing the overall title, your Age Group, or simply looking to challenge yourself and enjoy racing with your Club — **we'd love to see you on the start line!**

8. VENUE INFORMATION

Our main Splash & Dash venue is located at Winbi Avenue, Moama, known simply as WINBI.

The Echuca Moama Triathlon Club is privileged to be able to use this beautiful location for our weekly events, and we sincerely thank WINBI for their continued support and for allowing our Club and the wider community to enjoy racing in this location.

As we are using a shared community and residential area, we ask all members, participants and families to be courteous, respectful and mindful of others while onsite.

Please:

- Park only in designated areas and avoid blocking driveways or access points.
- Take all rubbish with you and leave the area as you found it.
- Be mindful of residents, visitors and those staying in nearby homes and holiday rentals.
- Give way to vehicles and pedestrians where required.
- Keep noise to a minimum, particularly around residential areas.
- Follow any directions or requests from Club officials and venue representatives.

WINBI provides ample parking, a large grassed area for transition and beautiful views over the Mighty Murray River, making it a fantastic setting for our weekly racing.

Please note: There are no onsite toilet facilities at WINBI.

9. **COURSE INFORMATION & MAPS**

WINBI TRIATHLON COURSE - SENIORS

300m River Swim

11km Road Ride

2.4km Road & Trail Run

SWIM

The swim is an out-and-back course in the Murray River OR a triangular course – this can change based on river heights. The swim starts from BRETT SANDS WATER SPORTS Boat Ramp.

After completing the swim, exit the river and follow the approximately 100m run along the riverbank back to the transition area.

The transition area is located on the large grassed area at WINBI.

BIKE

The bike course is an 11km out-and-back road course.

From transition:

1. Exit WINBI via Winbi Avenue.
2. Turn left at the roundabout onto Perricoota Road.
3. Continue along Perricoota Road to the designated turnaround point at the 5 Mile Boat Ramp turnoff — approximately 5.5km from WINBI.
4. A bike marshal will be positioned at the turnaround point to assist cyclists.
5. Complete the turnaround on Perricoota Road and return along the same route.
6. Turn right at the roundabout into Winbi Avenue and continue back to transition.

BIKE SAFETY

The bike course is on **public roads and is shared with other road users.**

All cyclists must:

- Give way to vehicles and other road users as required.
- Obey all road rules.
- Follow the directions of bike marshals.
- Exercise caution at intersections, roundabouts and the turnaround point.

- Remain aware of traffic and other cyclists at all times.

Please remember: vehicles have right of way.

RUN

The run course heads out from transition along Winbi Avenue.

- Stay to the LEFT side of the road.
- Turn left into Riverpark Drive.
- Continue across into the designated bush track.
- Follow the marked course and directions from course marshals.

Participants must remain on the designated course and follow any instructions from Club officials or marshals.

[VIEW COURSE MAPS HERE](#)

WINBI DUATHLON COURSE - SENIORS

1km Road & Trail Run

11km Road Ride

2.4km Road & Trail Run

At the start of the season, and if conditions require, we also hold a duathlon format at WINBI. The only difference being the swim is replaced with a 1km run. The run starts at the transition area, heads out along Winbi Ave, left into Riverpark Drive and cross over into the bush track. You will do a u-turn at a large tree (a cone will mark this spot) and head back the same way into the transition area.

[VIEW MAP HERE](#)

10. RULES & SAFETY

ALL PARTICIPANTS

- Follow the directions of all Club officials, marshals and volunteers at all times.
- Wear a brightly coloured swim cap during the swim leg. Participants must provide their own swim cap.
- Ensure their bicycle is in safe working order, including functioning brakes.
- Wear an Australian Standards-approved bicycle helmet.
- Wear appropriate footwear for both the bike and run legs.
- Wear a shirt or other appropriate clothing on the bike and run legs. Bare torsos are not permitted.
- Remove all bags and unnecessary equipment from the transition area prior to the start of the event.
- Carry appropriate hydration on the bike. Additional personal hydration may also be placed in the designated transition or drink station areas.

BIKE SAFETY

- A red rear light is compulsory on all bicycles during the bike leg.
- A white front light is strongly encouraged.
- Your helmet must be securely fastened before you take your bike out of transition.
- Your helmet must remain securely fastened until your bike has been returned to the designated bike rack in transition.
- All cyclists must obey Australian road rules and follow any directions given by Club marshals or volunteers.

- NO DRAFTING is permitted during the bike leg. Please maintain a safe distance from other riders and respect your fellow competitors.
- Before attempting to pass another rider, you must complete a head check over your right shoulder to check for vehicles approaching from behind or other cyclists.
- Only move out to pass when it is safe to do so.
- Take extra care at intersections, roundabouts, turnaround points and when sharing the road with other vehicles.

REMEMBER

Safety comes first. If you are unsure about a course direction, road situation or safety requirement, slow down and ask a marshal or Club volunteer for assistance.

11. PHOTOGRAPHS / IMAGES / SOCIAL MEDIA

The Club may have volunteer photographers and/or Club marshals, volunteers or members taking photographs and video during Splash & Dash events.

By participating in a Club event, you acknowledge that you may be photographed or filmed and that images or footage may be used by the Echuca Moama Triathlon Club for Club-related purposes, including social media, Club communications and promotional material.

If you do not wish to be photographed or filmed, or do not want your image used for promotional or social media purposes, please notify a Club committee member prior to participating in the event.

We will make every reasonable effort to respect your request.

12. CONTACT

Please follow our [Facebook page](#) for further information, any changes to activities and reminders. Join our member [facebook group](#) for direct and specific updates to our members and participants.

Visit our website: <https://www.echucamoamatriclub.com/>

Email direct: echucamoamatriclub@gmail.com