



**2022 / 2023 SPLASH & DASH  
PARTICIPANT INFORMATION GUIDE  
(SENIORS)**



# TABLE OF CONTENTS

1. Welcome
2. Event Calendar
3. Membership Status
4. Volunteering
5. Splash & Dash Champion
6. Club Championships & Eligibility
7. Venue Information
8. Course Information & Maps
9. Rules & General Safety
10. Photographs / Images / Social Media
11. Contact

## 1. WELCOME

Welcome to our new and existing members both adults, juniors and parents. Our Splash & Dash weekly events form an integral part of EMTC and a fantastic benefit offered to Club members. It allows members to come together and enjoy weekly racing no matter your level, ability or age. ALL WELCOME, including those new to triathlon. We hope you enjoy this years racing !

## 2. EVENT CALENDAR

The club holds the Splash & Dash events from October through to March, with the key events for the Club being the Senior and Junior Club Championships and our marquee event the Multisport Event Weekend which attracts entrants locally, and from interstate. These dates and/or format of the splash & dash events can be subject to change, please ensure you follow the clubs [facebook page](#) for any changes that may occur.

(below calendar updated as at September 2022)

### 2022/2023 SEASON CALENDAR

| OCTOBER  | NOVEMBER   | DECEMBER   | JANUARY  | FEBRUARY   | MARCH  |
|--|--|--|--|--|--|
| 5<br>Winbi Duathlon<br>1k Run<br>11k Ride<br>2.4k Run      | 2<br>Winbi Triathlon<br>300m Swim<br>10k Ride<br>2.4k Run  | 7<br>Winbi Triathlon<br>300m Swim<br>10k Ride<br>2.4k Run  | 4<br>Moama Pool Triathlon<br>100m Swim<br>14k Ride<br>2 k Run  | 1<br>Winbi Triathlon<br>300m Swim<br>10k Ride<br>2.4k Run  | 1<br>Winbi Triathlon<br>300m Swim<br>10k Ride<br>2.4k Run  |
| 12<br>Winbi Duathlon<br>1k Run<br>11k Ride<br>2.4k Run     | 9<br>Winbi Triathlon<br>300m Swim<br>10k Ride<br>2.4k Run  | 14<br>Winbi Triathlon<br>300m Swim<br>10k Ride<br>2.4k Run | 11<br>Moama Pool Triathlon<br>100m Swim<br>14k Ride<br>2 k Run | 8<br>Winbi Triathlon<br>300m Swim<br>10k Ride<br>2.4k Run  | 8<br>Winbi Triathlon<br>300m Swim<br>10k Ride<br>2.4k Run  |
| 19<br>Winbi Duathlon<br>1k Run<br>11k Ride<br>2.4k Run     | 16<br>Winbi Triathlon<br>300m Swim<br>10k Ride<br>2.4k Run | 21<br>Winbi Triathlon<br>300m Swim<br>10k Ride<br>2.4k Run | 18<br>Vic Park Run 1.8 K<br>Swim 1.5 K                         | 15<br>Winbi Triathlon<br>300m Swim<br>10k Ride<br>2.4k Run | 15<br>Winbi Triathlon<br>600m Swim<br>20k Ride<br>5k Run   |
| 26<br>Winbi Triathlon<br>300m Swim<br>10k Ride<br>2.4k Run | 23<br>Winbi Triathlon<br>300m Swim<br>10k Ride<br>2.4k Run | 28   | 21/22<br>MSW   | 22<br>Winbi Triathlon<br>300m Swim<br>10k Ride<br>2.4k Run | 22<br>Winbi Triathlon<br>300m Swim<br>10k Ride<br>2.4k Run |
|  | 30<br>Winbi Triathlon<br>300m Swim<br>10k Ride<br>2.4k Run |  | 25   |  | 29<br>Winbi Triathlon<br>300m Swim<br>10k Ride<br>2.4k Run |



Winbi Duathlon

Winbi Triathlon

Moama Pool

Multisport Weekend

JUNIOR Club Championships

SENIOR Club Championships

Teams Relay

Run Swim

## 3. ENTRY AND MEMBERSHIP STATUS

To participate in our weekly Splash & Dash events, you must be a member of Triathlon Australia and Echuca Moama Triathlon Club and/or purchase a one-day race license. This is for insurance purposes. It is FREE to participate, as long as you have a membership or purchase a one-day license.

Previous EMTC members need to renew their membership prior to participating via the [Tri Aus GoMembership Portal](#). New members who wish to 'try a triathlon' will need to complete a form on the evening prior to participating and sign (parent or guardian if under 18yrs) and make a payment of \$5 for juniors and \$10 adults BY CARD ONLY.

Once checked in, participants proceed to handicap check-in. Listen carefully to your handicap, you will be told your start time. Members will receive a timing band and will receive a race time post event. Non-members will NOT receive a time.

If you have a junior participating it is expected a parent or guardian will be in attendance and actively supervising.

#### 4. VOLUNTEERING

Our events would not be able to take place without the support from our members. To ensure we are able to continue to provide a safe and enjoyable racing environment, we require ALL members, whether you plan on racing the Club Championships or not, to volunteer at least once through the season. If you are a junior, your parent / guardian or other nominated person will be required to volunteer at least twice.

You can nominate your preferred dates ahead of time so you can be placed on the roster. Please also check our facebook page for weekly call outs for volunteers. If you do not nominate for a volunteer date/s these may be assigned to you. If you are unable to fulfil your volunteer requirements, it is requested for you to make an effort to fill the position with another member, or contact our Volunteer Co-ordinator to help find a replacement.

#### 5. SPLASH & DASH CHAMPION

Every Club Member who participates in a Splash & Dash event will be awarded points based on their position finish. To be eligible to be awarded the 'splash & dash champion' you must complete a minimum of 10 events, however only your top 6 are calculated. We keep the points scoring secret! But know that ANYONE is able to be in the running to win this converted trophy ! See you at our next splash & dash event!

#### 6. CLUB CHAMPIONSHIPS & ELIGABILITY

Each year the Club holds our converted 'Club Championships'. This year the senior event is being held on 16 March 2022. This is a fantastic opportunity for members to race the sprint distance race of 500m swim, 20km ride, 5km run and be crowned EMTC Club Champion for the season. Club Champions will be awarded to the overall male and female winners, as well as male and female Age Group Champions. To be eligible to be crowned a Club Champion, the following eligibility criteria/s applies:

**ALL** participants are required to be a full member of the Echuca Moama Triathlon Club for the current season, PLUS:

- Must volunteer marshal at least once (1) at a splash and dash event for the current season
- Must complete at least five (5) Splash and Dash events during the current season

OR:-

- Volunteer on more than one occasion and race for a total of six (6) or more occasions during the splash and dash season (*ie you could volunteer 6 times, and not race at all and be eligible, or volunteer 3 times, race 3 times and be eligible etc*)

OR:-

- Volunteer at ANY event over the Multi-sports weekend in the current season, with each event being equivalent to volunteering on 3 occasions during the splash and dash season. (*ie you could volunteer at the junior event (3) and the sweat V's steam (3) and you would be eligible*)

OR:-

- Be a committee member of the Echuca Moama Triathlon Club for the current season (*ie being a committee member is equivalent to volunteering 6 or more times*)

**NOTE: ALL members are able to race in the Club Championships, but not do not qualify to win / take out the Club Championships if they do not meet one of the above eligibility criteria.**

## 7. VENUE INFORMATION

We have a number of venue locations for our Splash & Dash Races. All races open at 5:15pm for registration for a 6:00pm race start.

### **WINBI:**

#### **The main venue is Winbi Ave, Moama (known simply as WINBI)**

The Club is privileged to be able to utilise the area in WINBI and thank WINBI for their continued support to allow our members and the community to race in this location. As such, we request that you are courteous and respectful when on site and racing, including parking in the designated areas, taking any rubbish away with you, being mindful of those living / staying in the homes and rentals, and giving way to vehicles and pedestrians as required.

The venue has ample parking, a large, grassed area for transition, and overlooks the Mighty Murray River. A beautiful spot for our weekly events. *Note: There are no onsite toilet facilities.*

### **MOAMA POOL:**

#### **Moama Swimming Pool: Cnr Blair and Francis Street, Moama**

A number of our Splash & Dash events are held out of the Moama Pool. It is a six-lane, 33m outdoor heated pool, with adjacent toddlers pool and large lawn area that is only open during the 'summer' season only - December through to March. Transition is held in the grass area outside the pool. There is ample street parking in Blair St and adjacent streets.

## 8. COURSE INFORMATION & MAPS

### **WINBI TRIATHLON COURSE - SENIORS**

300m River Swim  
11km Road Ride  
2.4km Road & Trail Run

The venue has a large grassed area for transition, swim is up and back in the river, with a ~100m run up the river bank back to transition. The ride heads out Winbi Ave, turns left at the roundabout onto Perricoota Road and you complete a u-turn (approx 5.5km) at the turnoff to 5 Mile Boat Ramp. There will be a bike marshal here, as you will be required to turn around on Perricoota Road. All cyclists must give way to traffic and abide by any directions from the bike marshals on course.

You then head back the same way you came, turning right at the roundabout into Winbi Ave back to transition. The run heads out onto Winbi Ave, staying to the LEFT of the road. You will then turn left into Riverpark Drive and cross over into the 'bush track'.

[VIEW MAP 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](#)

## **MOAMA POOL TRIATHLON COURSE - SENIORS**

100m Pool Swim

14km Road Ride

2km Road Run

*(course information to come)*

## **VIC PARK AQUATHON COURSE - SENIORS**

Leading into the Multisports weekend, the Club holds a run / swim option at Vic Park. A great lead-in to the multisports weekend.

*(course information to come)*

### **9. RULES & SAFETY**

All participants:

- Are required to follow directions of marshals or Club Volunteers
- Must wear a bright coloured swim cap during the swim leg (must have your own)
- Ensure your bike is in good working order including brakes
- Ensure you have an Australian standard bike helmet
- Must have a red flashing light on the rear of your bike for the bike leg
- Helmets must be fastened on your head prior to heading out on the bike leg
- Helmets must remain fastened until you rack / place your bike back in transition
- While on the bike leg, you must abide by all road rules and/or directions of our marshals/volunteers
- NO DRAFTING on the bike leg. Please be respectful of this.
- 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.
- No bare torsos are allowed on the bike or run legs.
- 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 aim to remove any bags / unused gear from transition prior to the start of the event.

### **10. PHOTOGRAPHS / IMAGES / SOCIAL MEDIA**

The Club often has a photographer and/or Club marshals / volunteers / members taking photographs. By participating in our events you agree your photograph may be taken, and any photographs may be used for social media and / or promotional purposes. Please make it known to the Club if you do not want your photo taken or used for promotional or social media purposes.

### **11. CONTACT**

Please follow our [Facebook page](#) for further information, any changes to activities and reminders.

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

Contact here: [www.echucatriclub.com/contact](http://www.echucatriclub.com/contact)

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