

# SPLASH & DASH

## WINBI TRIATHLON COURSE

### JUNIORS

#### EVENT DISTANCES:

**SHORT COURSE 50m swim / 1.8km bike/ 600m run**

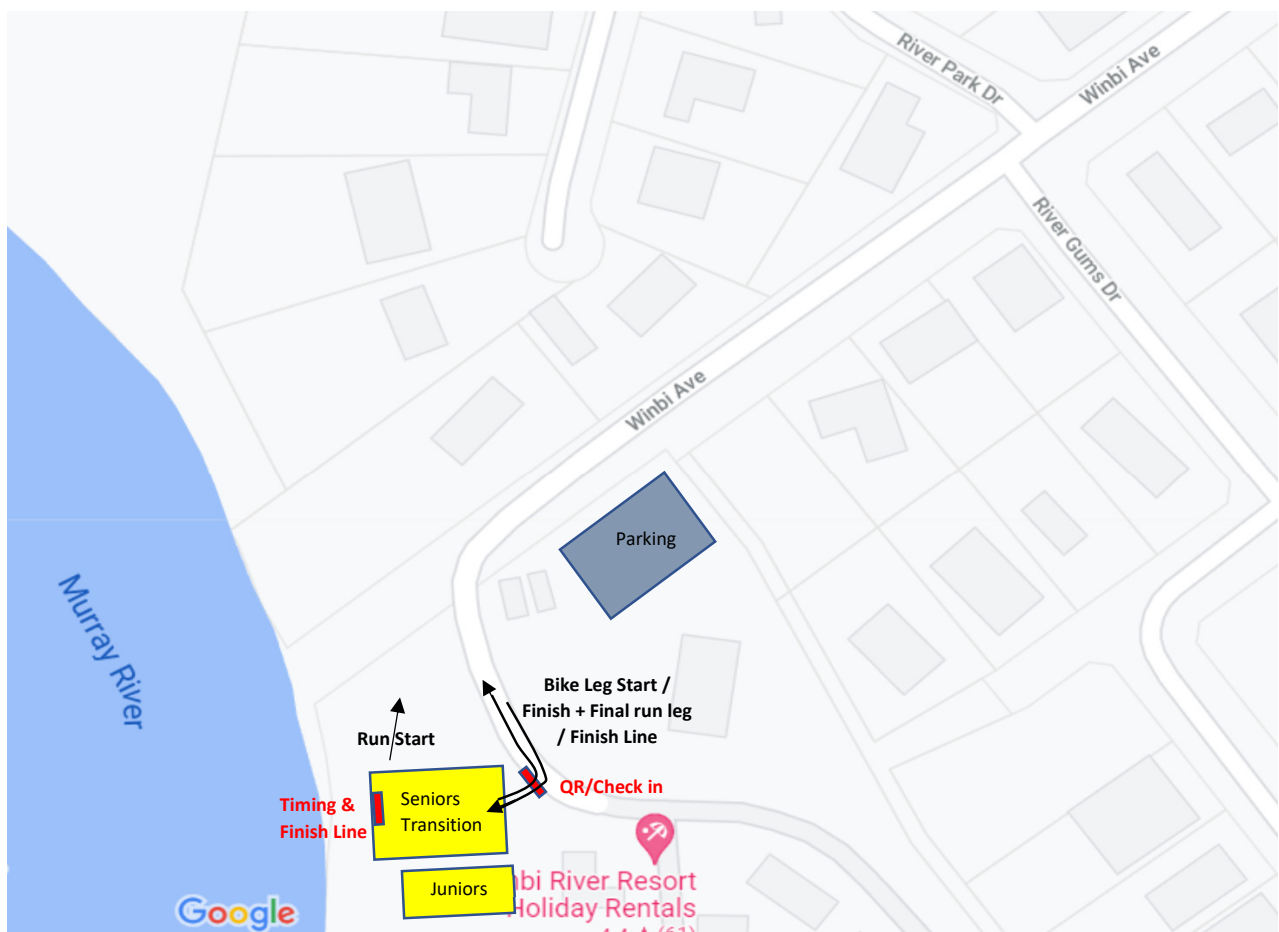
**MEDIUM COURSE 50m swim / 3.6km bike/ 1km run**

**\*LONG COURSE: 50m swim / 4.5km ride / 1.8km run**  
*(\*trailing at the start of 2024/2025 season)*

#### **TRANSITION / RACE VENUE**

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.*

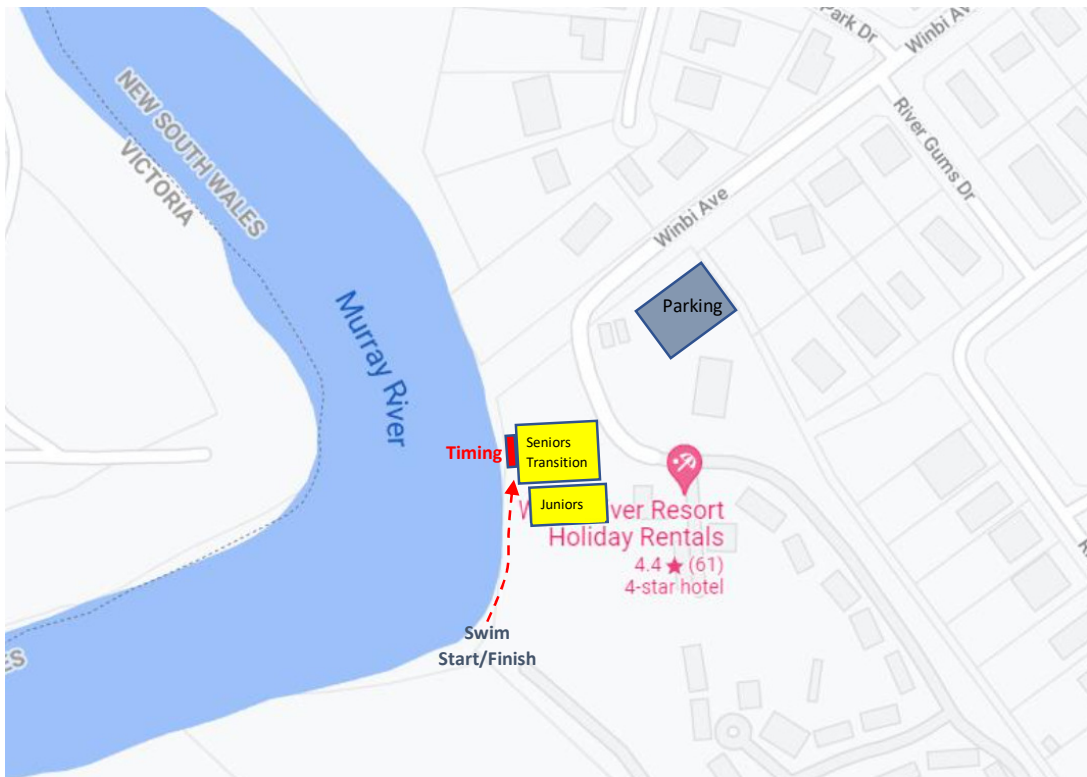


## THE SWIM ~50m

The swim leg starts at the Boat Ramp at Winbi. From the transition area, it is a short walk down to the river bank where you can complete your swim start in from the river shallows, or deep water. We will have a nominated adult (usually a competing senior) who will be the swim 'turnaround buoy' in the water. This makes it clear and visible for juniors to swim to, and also provides an added comfort for juniors (and their parents)

The juniors can pretty much stand up the whole length of the swim if they needed to, and can wear life jacket / flotation device if they choose. It's all about making them feel comfortable!

They can leave shoes / thongs at the swim exit if they would like to put them on as they run up to the transition area. Once you make it up the river bank you are into transition, ensure you clock your swim time at the timing station and then you are into transition and getting ready for the bike!



# SHORT & MEDIUM COURSE



## SHORT course

- Swim= up and around a buoy- 50m  
Tap your band
- Ride= up and back 1.8km to the end of sands driveway  
Tap your band
- Run= up and back 600m to the marshal/archway  
Tap and FINISH

## MEDIUM course

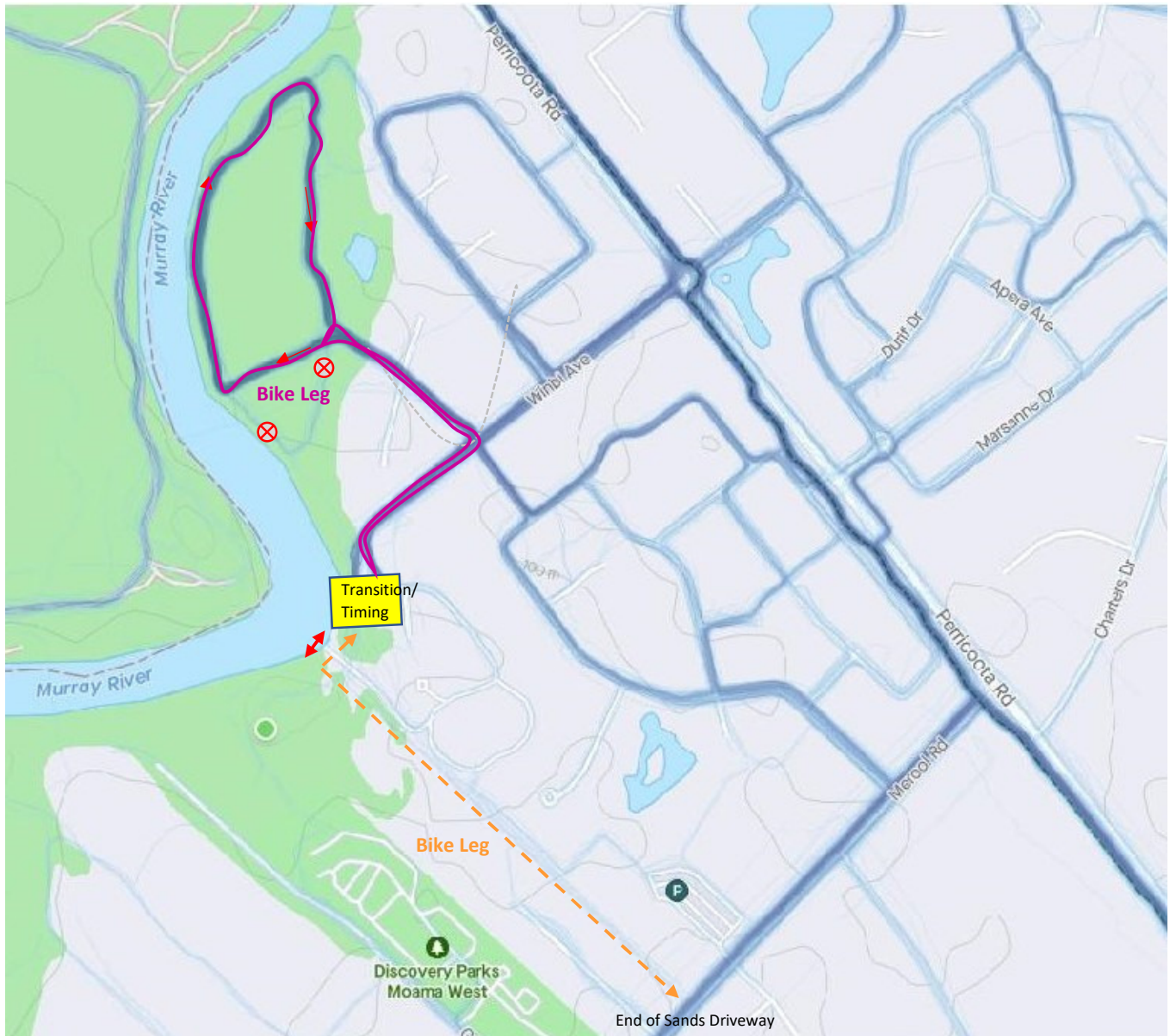
- Swim= up and around a buoy- 50m  
Tap your band
- Ride= up and back to the end of sands driveway **twice** - 3.6 km  
Tap your band
- Run= up and back to 1km to SHED  
Tap and FINISH



# LONG COURSE \*TRIAL\*

For the first couple of Splash & Dash events, we are trialling a NEW LONG COURSE distance for those juniors ready to step up a distance, but not ready / old enough for the seniors course.

The swim will be the same at the short & medium course, the RIDE will ride over the seniors RUN course, and then the run will finish back on the juniors run course, running to the end of Sands Driveway.



## LONG course

- Swim= up and around a buoy- 50m  
Tap your band
- Ride= out onto the senior run course, completing THREE laps of the bush circuit before returning back – 4.5km  
Tap your band
- Run= up and back 1.8km to the end of sands driveway  
Tap and FINISH