

Splash and Dash Series 2008 Information Sheet

All participants must sign a waiver prior to the event to participate. Parents must sign for those ages 17 and under (under the age of 18). The waiver only needs to be signed for the first SnD that summer rather than for each.

This is a two-part (multi-sport) event. Participants will swim at the aquatic center in the deep end of the pool then run an out and back course along Canyon Road. The main event includes a 400yd swim and, 5k (3.1 mi) run. A shorter event with a 200yd swim and 3K run is also offered.

This is NOT A RACE. This is an informal training event! There will be lifeguards at the pool but the run is an open course. There is no course support or traffic protection of any kind. You assume all risk and responsibility when participating just like you do when doing your own workouts. Please exercise good judgment, watch out for cars at all times and have fun!

FAQ

Will there be water available on the run course or in the transition area?

No! Be sure to bring your own.

Will *relays* (2-person tag-teams) be allowed?

Yes! A two-person team consisting of a swimmer, who will swim the course, exit the pool and tag a separate person doing the run, will be allowed. The seeded start times will apply to the teams just as they do for the individuals.

How do I know what swim wave to sign up for?

Fast swimmers should expect to average 1:30 or faster per 100 yards
Medium swimmers should expect to average between 1:30 and 2:00
Slow swimmers should expect to average slower than 2:00

What happens if I sign up for the wrong swim wave?

There is no penalty, however you will then either be passed by numerous people, or get passed by numerous people, neither of which is very fun.

How do I know where to go on the run course?

The run will be along Canyon Road. There will be no traffic control or support on the course. However there will be a designated turn around spot marked in chalk on the sidewalk. Yield to traffic and stay on the side of the road when there are no sidewalks.

How will I know my time?

Times will be posted on www.triatomics.org. However it would be very beneficial to time yourself if possible as there may be a few days lag before times are posted.

What should I wear?

Many multisport athletes run in their swimming suits. If you aren't comfortable with this perhaps think about wearing shorts that can quickly be put on over your swimsuit.

How do I pass people in the pool?

Touch their foot before moving out to the left to pass so they know to stay right.

What do I do if I feel someone touch my foot in the swim?

Make sure you are on the right hand side of the lane and allow swimmers to pass on the left.

Can I rest on the swim?

Yes, if possible attempt to make it to the wall before resting, and while on the wall be sure to move far to the side to avoid impeding another athlete's progress. If you feel you must rest mid-pool, you can use the lane lines for support. Don't make any forward progress and again avoid the path of other athletes.

How will I know when to start the swim?

You will be told the start order prior start time. A timer will send you off 20 seconds after the person in front of you. Your swim wave as well as specific order will be written on your hand.

Can I use the changing room at the pool after the event?

The changing rooms and pool will close at 8 pm; this will be after the majority of the athletes finish. Plan accordingly.

How do I know how far to swim?

The swim will be 400 yards (200 yards for the short course), which means you will complete 16 lengths (8 for the short). You will swim up and back once in each lane, crossing under the lane line between lanes in a snake fashion progressing towards the diving board end of the pool. Once you make it to the ladder you have completed the appropriate number of lengths.

Do I have to touch the wall?

Yes! You must touch each wall, however this can be with your foot or hand. In other words flip turns are encouraged.

What do I do if I need help on the swim?

Stop and wave your arms and the lifeguard will rescue you. If at all possible use self-rescue and attempt to make it to the wall.