



## Kids Splash & Dash

**Saturday 10 June – 10.00am Start – Hampton Community Pool**

Race Briefing for all Kids – 9.45am

Race Day Registration Opens at 9.00am and Closes – 9.45am

Race Start Time – 10.00am

Please be at the Hampton Community Pool with your kids no later than 9.30am so that we can start on time at 10.00am.

We will start the kids by age-group so as soon as one age-group finishes we will start the next age-group – please listen out for announcements regarding start times.

### **Ages & Distances:**

<b>5 years &amp; under –</b>	<b>25m swim – 200m run</b>
<b>6-7 years</b>	<b>50m swim &amp; 500m run</b>
<b>8-9 years</b>	<b>100m swim &amp; 1k run</b>
<b>10-11 years</b>	<b>200m swim &amp; 2km run</b>
<b>12-13 years</b>	<b>300m swim &amp; 3k run</b>

### **Swim etiquette**

Please swim the designated number of lengths provided at the Race briefing.

Flotation devices may be worn during the swim

Leave Sneakers and any clothing in the designated area by the pool. Parents may help their kids with dressing but this is a solo event for the kids.

Parents may not swim in the pool with the kids.

Please wear the swim cap provided.

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**Transition – The official area between the swim & run where clothes & shoes can be left and wet clothes can be placed after use.**

Leave Sneakers and any clothing in the designated area by the pool that will be needed on the run section of the event. Parents may help the younger kids with dressing but bear in mind this is a solo event for the kids. Clothing may not be discarded in any other area except for transition.

### **Run Course**

**No bare torsos – all kids must run with their torso covered**

All run distances are out and back – please look for the Yellow Sign Number below listed against your age-group and turn around and run back to the Finish Line.

Parents may run with their kids if necessary but please remember that this is an event for the kids and we will offer support and encouragement to get the kids through the event.

We will have 2 bikers out on the run course, Sue Watson and Boon Kek will be patrolling the course

Finish Line will be underneath the Green Fundy Sports & Tourism Archway.

All Kids will receive a Finishers Medal, Swim Cap and small carton of Omega Vitamins

<b>Age-Group</b>	<b>Max Run</b>	<b>Run Route</b>	<b>Run Turn signs</b>
<b>5 years &amp; under</b>	<b>200m run</b>	<b>Loop of Parking Lot</b>	
<b>6-7 years</b>	<b>500m run</b>	<b>Yellow Gate on Trail</b>	<b>1</b>
<b>8-9 years</b>	<b>1k run</b>	<b>Osprey Sign out &amp; back</b>	<b>2</b>
<b>10-11 years</b>	<b>2km run</b>	<b>Number 3 Yellow Sign</b>	<b>3</b>
<b>12-13 years</b>	<b>3k run</b>	<b>Ladies Tri Turnaround</b>	<b>4</b>

**What participants need to bring.**

**Swim** – Bathing Suit & Goggles

**Run** – Running Shoes & clothing suitable for a run. No-one will be allowed to run with a bare chest.

The race is not timed and is not a competitive event but is purely for fun and to encourage kids to be active. Kids may complete a shorter distance without penalty.



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