

Bingara Splash and Dash 2012

Hosted by *W.O.W Fitness, Bingara Swimming Centre and Gwydir Shire Council*

Haven't done a Splash and Dash before?

The Splash and Dash encourages physical activity and participation as well as having lots of fun. We explain everything you need to know and it doesn't matter if you are a serious competitor or just trying to stay fit and healthy. It's all about 'giving it a go!'

DISTANCES

Short Course

Swim: 100 m – 3 laps of the pool
Run: 1.5 km – 1 lap of the run course

Nippers

2 laps across pool
300 m

Long Course

Swim: 200 m – 6 laps of the pool
Run: 3 km – 2 laps of the run course

Guppies

wade through little pool
100 m

CATEGORIES

Teams – will comprise of 2 participants only.

Individual

Open Divisions: 17 – 25, 26-45, 45+
Junior Division: 11, 12, 13, 14, 15, 16 years
Nippers: 6 to 10 years
Guppies: under 5 years

Important Notes:

Long course is only open to participants 12 years and over.
Teams will only have 2 participants.
Participants must be 12 years and over to compete in the long course team event.
Nippers and Guppies are non-competitive. Every child will receive a participation award.

For more information phone Joh Jane: 0408 395 609

Registration forms will be available at the following venues

- Gwydir Shire Council Offices (Warialda and Bingara)
- Or register on the day

What equipment will I need?

Each participant or team will need the following:

- **Swim Wear**
- **Running shoes.**

Where will I swim and run?

The swimming section will be at the Bingara swimming pool and the run section will be in the park and along the river below the pool.

Splash and Dash 2012
Attention: Joh Jane
Gwydir Shire Council
Locked Bag 5
BINGARA NSW 2402

What does the Splash and Dash cost to enter and what will this get me?

- Teams - \$20
- Individuals - \$5
- Nippers - \$3
- Guppies - \$3

There will be great prizes on offer for the first teams and individuals home in each division.

What time do I need to arrive and where do I check in?

Event check-in starts at 8am at the Bingara Swimming pool. You must bring all your equipment to the pool and come inside to check – in. At check in you will need to have a number written on your arm. There will be a five minute briefing about the track, transitions, helpers and safety rules before starting the event.

Check Point Procedures/Drink Stations?

The Splash and Dash will have a total of three **checkpoints**. The first of the checkpoints will be at the corner of the grass and footpath in the park. Number two is under the bridge at the pylons and number three is at the last tree near the water works. There will only be one drink station on this course, this will be at the gates where you cross the road.

Can I wear floating devices or flippers?

Every participant in the Splash and dash **MUST be able to swim**. Floating devices and flippers can give an unfair advantage to participants and are NOT allowed.

Can I do any type of swimming stroke?

Yes but freestyle is recommended.

What happens if it rains?

The event will still be held if it rains, unless it is torrential and is considered dangerous. If this is the case, every effort will be made to notify all participants. That's why we need your full details when you register.

Location of Run?

The Splash and Dash will start at the Bingara swimming pool for the swim section. The run section will follow the fence around to the gate, once out the gate follow the same fence on the park side right around the bottom of the park and up to the foot path back to the pool gate, once at the pool gate cross the road and around the trees then follow the path down under the bridge and around the pylons, up the grass hill on the river side all the way to the last tree before the water treatment plant. Once around the tree follow the power lines back to the gate cross the road and run straight to the finish line.

There will be a map provided with all these details!

Keeping hydrated?

We suggest that you bring your own bottle. There will be water available at the pool so that you can refill your bottle.

Can I get a refund if I want to drop out of the Splash and Dash?

You can get a refund up until the registration closing date. Once the registration closing date has passed, you will NOT receive a refund. If we choose to cancel an event before or after the registration closing date for your event, a full refund will be given.

Risk warning!

All competitors shall compete at their own risk!

Registrations close on the 22nd of February.

Entries will be taken on the day

Splash and Dash 2012
Event Regulations

Sunday 26th February

Registration Commences: 7.45 am
Competition starting at 8.30 am

Venue:
Bingara Swimming Centre

Participants Agreement

WARNING: This is a legal document that affects your rights.

1) I acknowledge that competitive triathlon involves the real risk of serious injury or even death from various causes including overexertion, equipment failure, dehydration, accidents with other competitors, spectators or road users, course or weather conditions and other causes. 2) I understand that I should not compete in this event unless I have trained appropriately and my physical condition has been verified by a medical practitioner. 3) By competing, I accept all risks necessarily flowing from my participation which could result in loss of life or permanent injury. Accordingly, I release all persons or corporations associated directly or indirectly with the conduct of the event from all claims demands and proceedings arising out of my participation and I hereby indemnify them against all liability (including liability for their negligence and negligence of others) for all injury, loss or damage arising out of or connected with my participation in this event. 4) I consent to receiving any medical treatment including ambulance transportation that the event organisers think desirable during or after the event. 5) I consent to event organisers using my name, image and likeness before, during or after the event for event promotional broadcasting or reporting purposes in any media. 6) I understand that compulsory insurance cover effected for participants in this event may not cover me for any or all injury, loss or damage sustained by me. 7) Safety precautions undertaken by organisers (such as course supervision, race safety briefing, bicycle and helmet safety checks) are a service to me and other competitors but are not a guarantee of safety. 8) I am fully responsible for the security of my personal possessions at the event. 9) My registration is not transferable to other people. If I am unable to compete, or if the event is cancelled by way of circumstances beyond the control of the event directors, my registration fee is non-refundable. 10) I have listed my medical or physical conditions from which I suffer that might affect my performance or be relevant if medical or physical conditions from which I suffer that might affect my performance or be relevant if medical treatment is needed. I accept the risk of competing, despite these conditions. 11) Event organisers may change the event format, course or other race conditions at their discretion. If that occurs, this agreement applies to the changed conditions. 12) I agree to my name and contact details being included on the event database which may be used for commercial purposes. I certify that I am 18 years or older and I have read this document and fully understand it.