



DIVE N DASH

A community Aquathon event run by Triathlon ACT Club Presidents

When: 5 November [2020 @ 5.30pm](#)

Where: Stromlo Leisure Centre

What: 400m pool swim + 2.3km x-country run

Prizes: Catfish vouchers + Prize money for Top 5 Female and Top 5 male

Entries open: 10am on Friday 30th October

Register here: www.tri3coaching.com/contact

Entry is limited to 56** athletes

Name, mobile, email address and TA number are required

If you are one of the first 56** to register then you will get an email confirming your entry, your race number and the bank account to deposit the \$10 entry fee (no payment on the day)

**As the pool can only allow restricted numbers, this initial race will be the first 56 people to register with a TA membership number.

Check in: 5pm

Transition closes: 5:20pm

Race briefing: 5:20pm

There will be 8 athletes per wave, 2 athletes per lane (4 lanes)

The first wave is at 5.30pm and then every 10 mins. Last wave leaves at 6.30pm (7 waves)

Transition is in the courtyard out the front of the 50m pool.

The x-country run heads out into Stromlo park (see attached map)

Any questions contact Megan Hall (0414500334)

IMPORTANT COMMUNICATION – Please read, this is your responsibility to know.

- Do not attend if feeling unwell, non-essential spectators advised not to attend
- Use hand sanitiser prior to entering transition
- Practice social distancing at all times while at the event
- Keep cough covered
- Do not share equipment
- All competitors and volunteers encouraged to download the COVIDSafe app
- Competitors encouraged to **“turn up, race, go home”**

Stromlo pool aquathon
76 views
All changes saved in Drive

Add layer Share Preview

Untitled layer

- Individual styles
- Marshall
- Marshall
- Gates
- Marshall
- Line 7
- Line 8
- Marshall needed
- Marshall
- timekeeper x3 and 1-2 x rec...

Base map

Stromlo pool aquathon run course

Wright Active Play Park
Urfara Rd
Thwaites Crs
Newly Care St
Thwaites Crs
Opperman Ave
Stromlo Forest Park
Dave McInnes Rd
Public Toilet
Research School of Astronomy & Astrophysics
Mount Stromlo Observatory temporarily closed
Stromlo Rd