



Saturday, August 7, 2021

Splash and Dash is a fun and fast-growing sport that combines running and swimming. The run portion takes place on a combination of trail, road, and path. The swim portion takes place in Westover Pool.

The focus is on participation and completion rather than competition, while exposing participants to the exciting world of multisport events without the added experience and expense that biking requires.

Event Site:

All events take place in Westover Park and a small portion of the surrounding neighborhood.

Event Distances:

- Ages 5-7: Swim 25 meters / Run 0.5 miles
- Ages 8-10: Swim 50 meters / Run 0.5 miles
- Ages 11-14: Swim 100 meters / Run 1 mile
- Parent/Child: Swim 50 meters / Run 0.5 miles

Event Times:

- 7:30am-8:45am: Check-in for all ages
- 9:00am: Event will begin with the oldest age division (ages 11-14). The remaining age groups will follow. Exact start time is dependent on registration numbers.
- TBD Parent/Child Challenge – will conclude after all age heats have been completed. Exact start time is dependent on registration numbers.

**This final portion of the event will be a short parent/guardian and child challenge with both adult (must be 18+) and child completing a 50-meter swim followed by a 0.5-mile run. This will be a fun finale and free to any registered participant. Households with multiple children participating are more than welcome, accommodations will be made.*

Registration Dates:

- Register prior to June 30th: \$30/participant (fee includes event t-shirt)
- Register July 1st-31st: \$40/participant (fee includes event t-shirt, register early to guarantee size)

There is a firm deadline to register of July 31, 2021 or if we reach our maximum of 100 participants prior to this date.

1 Mile Run Course (Ages 11-14)



0.5 Mile Run Course (Ages 5-10 & Parent/Child Challenge)



Race Day Instructions: All participants will need to check-in between 7:30am-8:45am. At this point all participants who have not yet setup their essentials in the transition area need to do so immediately.

Swim: All participants will begin with their swim portion. The swimming event will take place in Westover Pool in a designated area. Depending on participation size, different waves may be needed to prevent overcrowding in the pool. We will take care of the timing differentials at the conclusion of the event. Spectators may watch the swim portion from designated areas created by race directors. If participants become too tired to continue and need help, we will have lifeguards on duty.

Run: Once participants have completed the swim portion, they will enter the transition area, and prepare for the second leg of the event, running. The majority of both running routes are within Westover Park, and will end at the same area in front of Westover Pool. Both routes are posted above. A small portion of the running courses are on open streets, so please be aware of your surroundings. We will have course marshals throughout this course for support and safety purposes.

Finish: Upon completion of the running portion, the participants have achieved their goal and completed the event. Participants will then receive their finisher medals, have time to gather themselves, and meet up with parents. Please make sure to clear the finish line and transition areas as soon as possible. Please gather all belongings from the transition area. Results will be posted and emailed on Monday. Ages 11-14 are encouraged to stick around and cheer on the 5-10 year olds that will be competing next.

Water Stations: We will have water stations setup at the transition area and finish area. Participants will have the ability to get water after completing the swim and run portion. Participants are encouraged to provide their own water source.

First Aid Station: We will have first aid available at the finish area. Parent and child should report to the first aid station.

Restrooms and Locker Rooms: Locker Rooms are available inside Westover Pool. Restrooms are available inside the Community Activities Center and Westover Pool. The Harrisonburg Parks and Recreation is not responsible for lost or stolen belongings.

Parents: Participants are not allowed to have any assistance throughout the event. Please do not follow your child throughout the course as you may interfere with other participants. The exception to this would be during the Parent/Child Challenge.

We ask parents to please remain in the designated areas, clear of the course. We have the course setup where the start and finish area and all transitions occur in the same general area. This area will be very visible from the viewing areas. This will in turn minimize confusion by our competitors.

This event is intended to be a fun introduction to multisport events, please attempt to relax and enjoy the time during the event. We stress that this is non-competitive, so please encourage your child and all participants throughout the event. Any negative comments or actions will not be tolerated, and you will be asked to leave the premises. We want this to be a positive experience for all athletes, in hopes that they return for future events. Please help us reinforce this.

Participants: We urge everyone to come out and do their best during this event. With that being said, we want you to keep your own health and safety in mind. If you start to feel sick, dizzy, cramping, shortness of breath, etc., please stop competing and come off the course. The course will always be there, you can compete in future events, do not risk your health and safety in order to finish. If you need assistance, find a course marshal, event staff, or parent.

Most importantly have fun, enjoy competing in this event, and feel proud once you have completed. Encourage other participants and congratulate them upon completion. We are all out to finish, lets reinforce that.