



Thursday, May 30, 2019

RACE DATE: Saturday, June 8

LOCATION: Mohegan Park, Mohegan Park Drive, Norwich

PACKET PICKUP: 7:30-8:30 AM

PACKET PICKUP CLOSSES: 8:30 AM

TRANSITION OPEN: 7:45 AM-8:45 AM

OPENING CEREMONY: 8:55AM

Athlete Packet

Thank you for registering your child for the Norwich Splash and Dash! We are close to the event and we have some information below that you should read carefully. Please go over the schedule and course with your child.

1) **PARKING/PACKET PICKUP**

All parking will be at Mohegan Park in one of three lots. There will be plenty of parking at 1) the Center lot, 2) playground lot, or 3) beach lot. The check in/ registration will be right off the center parking lot near the fountain. Please follow signs to the packet pickup

2) **RESTROOMS**

Restrooms are located in the park. There are permanent restrooms (handicapped accessible) located by the park fountain center area/playground area. There are some portable restrooms at the beach.

3) **PARTICIPANT CHECK-IN**

Once you are parked, proceed to the **Packet Pickup Tent**. Check In opens at **7:30 AM**. This will be right off the Center parking area and near the fountain. At Check-In you will receive one bag per registered participant. It will contain:

- **1 race bib color coded** for your race distance- this goes on the FRONT of the shirt/bathing suit you are running in; bib may be attached with the safety pins provided OR with a race belt. You must have the bib on to run at the beginning and the end of the race.
- 1 hat
- 5 pins- 4 for the bib if you choose to pin it and 1 extra for the ankle timing bracelet if needed
- **1 timing ankle bracelet to be put on the LEFT ankle** and secured with a safety pin included in the bag; this must be returned at the finish line
- **1 color coded swim cap**

4) **PARTICIPANT BODY MARKING**

After you have your bag, proceed to **the marking area** where volunteers will mark your child's legs/arm with their bib number and age. **This should be done before entering transition.**

5) **GETTING READY**

Prior to entering transition (located over the bridge at the beach), take a moment make sure you know exactly what you want to leave in the transition area. You will complete a ½ mile run prior to the swim. Bib may be attached with the safety pins provided OR with a race belt. Volunteers will be on hand if you have any questions. All bibs are color coded by age. **Make sure your age is the correct age as of race day-** you will find it on your bag on the label. **Make sure your bag reads male and female correctly!** If it is incorrect- go back to packet pick up and they will change it.

6) **TRANSITION**

Transition opens at **7:45 AM**. It is located directly on the beach- a 5-10 minute walk from registration/start line. Leave time to get back and forth on race day. To get to the beach go over the bridge, turn left on the paved path, and it will be on your left just after the playground. **One parent or guardian** is allowed into transition with the participant prior to 8:45 AM only. Siblings and additional people may not enter the transition area. If your child needs assistance in how to set up their area please ask one of the transition volunteers in yellow shirts. Each child will find their age group area (color coded to the color on their bib) and leave what they need in that area. Suggestions for transition items include: water bottle, towel, goggles, and swim cap. Many children choose to run with their goggles and swim cap on. Talk to your child about what they are comfortable with. Water shoes are allowed to be worn. Make sure at this point the bib number is pinned to your child's shirt/suit or on a race belt. No participant may enter the run without their bib number on the **FRONT** of them. Please take time to familiarize participants with the run in, swim out, swim in and run out locations of transition. Volunteers will be assisting participants throughout the race as needed. **Parents and guardians are NOT allowed into transition or allowed to assist a racer once the race has begun.** Any child using a lifejacket should have it fitted prior to the race so a volunteer will just need to assist the child with clipping it on. A participant must complete the race themselves only **WITH** the assistance of race staff as needed. We will have plenty of volunteers there to help your child. **Transition closes at 8:45 AM.** All athletes must be at the park center next to the start line by that time. Each age group will have a sign for them to meet by. Opening ceremonies will be held at **8:55 AM**. Parents will be asked to stand behind the designated area/cones and keep the running lane open.

7) **RUN**

All athletes will line up by age group. We will have a staff member lead them onto the course when their race is ready to start. All participants should wait on the grass with their parents until their race is called. It will move fairly quickly. Waves subject to change based on registration.

9:00 AM Superpsrint- Wave 1
Short break to change swim course
9:10 AM- Male ages 11-17- **Wave 2**
9:13 AM- Female ages 11-17- **Wave 3**
Short break to change swim course
9:23 AM Male ages 9-10- **Wave 4**

9:26 AM Female ages 9-10- **Wave 5**
9:29 AM Ages 7-8- **Wave 6**
9:32 AM Ages 7-8- **Wave 7**
9:35 AM Ages 7-8- **Wave 8**
9:38 AM Ages 7-8- **Wave 9**
Short break to change swim course
9:48 AM Male ages 5-6- **Wave 10**
9:51 AM Female ages 5-6- **Wave 11**

Staff at the start will count down from 10 to 1 and sound the air horn. Those participants in the designated wave will begin. Volunteers will be stationed at EVERY corner and some in between to make sure everyone goes the correct direction and can see volunteers the entire time. There are color coded cones and arrows along the way to remind them. All runners will complete the race under the FINISH line. They will receive their medal as well as a drink at the finish line. All timing devices will be removed **prior** to leaving the finish area. No participant may leave with the timing ankle device. If your child does not complete the race, please return the timing device to the finish line.

8) SWIM

The swim will take place as the second leg of the race. Participants will come out of transition and enter the water going around the swim buoys. Lifeguards will be in the water and around the water to direct swimmers. Participants ages 5-10 should be able to touch in the water if they need to stop for a moment. Lifejackets are allowed. If you are wearing a lifejacket for the race, make sure it is setup in transition and fitted exactly to your size prior to starting the race. Use a towel that you can recognize and place the lifejacket on the towel so you know which one is yours. The race swim cap must be worn in the water. Goggles are recommended but optional. Water shoes are allowed. Racers age 11-17 will be over their head during the swim. Anyone needing to stop can grab onto a paddle board or kayak to rest. The 11-17 course is a rectangle. All ages will keep the buoys on their right shoulder and turn at their age group turn.

9) WATER

There will be a water station located just outside transition. If you need water, please grab it as you go by and toss your cup on the ground to the SIDE of the running pathway. Volunteers will pick them up as we go.

10) TIMES

Participant race times will be posted online at www.timetotri.us as well as near the fountain area. The link will be emailed out on Saturday as well. Please stay to cheer on other participants as you enjoy the post-race brunch. **All awards for top finishers will be at the finish line after the last runner has finished.**

11) BRUNCH

As athletes complete the course, they are welcome to enter the food line at the pavilion. All parents and guardians are welcome to eat AFTER ALL race participants have completed the course and the last finisher is completed running. We want to ensure all participants eat first prior to opening up the food line to family members. We will be serving bagels, muffins, juice etc.

12) FIRST AID

First Aid will be located next to the finish line. There will also be a first aid kit at the beach. Please let a volunteer know immediately if you are hurt.

13) AWARDS CEREMONY

The top three male and female finishers in each age group will receive a trophy. To be clear- the 11-17 start wave is not the “age group”. Awards are 5-6, 7-8, 9-10, 11-12, 13-14, 15-17 (male and female). We will begin the ceremony following the last race participant coming over the line. Awards will be given out at the finish line.

14) PICTURES/VIDEO

Two photographers/videographers will be located on the course. We will be taking a video of the event and we will share it as soon as it is completed.

15) MAP

Maps are located on the website and at the course walk through Wednesday, June 5 at 5:30 PM.

RULES AT A GLANCE

Parents may not assist athletes during the race.

All athletes must wear shoes on the run.

The bib must be attached to the front of the athlete on both runs.

The swim cap must be worn in the water.

Timing ankle bracelet must be worn on the left ankle and be returned at the finish line.

If you have any further question, please contact our office at 860-447-5230 so we can help you before the race. We want every child to have a safe and fun event!