



Agnes Water Pharmacy Junior Aquathlon

Saturday 30th September 2023.

Information Guide and Event Schedule

Introduction

Thank you parents and kids for choosing to participate in the annual Agnes Water Pharmacy Junior Aquathlon. Many thanks to our local pharmacy, as major sponsor for the seventh consecutive year. Agnes Water Pharmacy helps in many ways, to promote the healthy outdoor lifestyle we enjoy in Agnes/1770. So please support the Agnes Water Pharmacy whenever you can.

And thank you to M1 Cycles in Gladstone, who provide heavily discounted TREK mountain bikes for us to give away as random draw prizes. As with recent years, we have two quality TREK bikes (or equivalent), each valued at \$900. One each to be won by a boy and a girl.

Whilst the junior aquathlon is a race, and we get some very good young athletes competing, the main emphasis of the event is to get kids out there taking part in healthy activities and having fun.

Everyone who finishes will receive a medal, there will be some yummy treats for all after the event, and everyone who completes the course will go into the draw for the bikes.

Thank you to everyone who has entered online.

We will also accept entries for the junior aquathlon on the day of the event.

There are two age groups for the aquathlon. Minimum age (as at 30/09/23) of 7 up to under 10 years. Under 10's will do a 250M run, 100M swim/wade and then another 250M run. The 10 to under 14 years age group will do a 1 klm run, 200M swim and then another 1 klm run.



Venue

Tom Jeffery Park, Agnes Water, at the beach end of Agnes Street, off Springs Road.

Parking

You will be lucky to get a car park in Tom Jeffery Park car park. But there should be lots of parking available on Agnes Street, including the overflow car park next to the Mango Tree Motel. There will also be spaces available in Jeffery Court and the Endeavour Plaza shopping centre car park, all within a couple of minutes' walk from the park.

Schedule of events

Saturday 30th September

1.00pm till 2.00pm – Registration for people who are entering on the day. Please note, if you have already entered online, you only have to have your child's name marked off as being in attendance, so you can arrive from 1.30pm.

We also have check in open for triathletes who are competing on Sunday morning. Any parents or supporters who are doing the triathlon, please check in at this time.

2.00pm – We will have a short gather round to go through the event schedule before moving down to the beach.

2.15pm approx. – Under 10's will be marshalled to the start. SLSQ lifeguards (who will be providing water safety) will do a head count, and the course will be explained to athletes. Once this is completed, the under 10's will start. Medals will be handed out as the kids cross the finish line.

We will start the under 14's after all under 10's have finished and been accounted for.

2.45pm approx. – Under 14's will be marshalled to the start. SLSQ lifeguards (who will be providing water safety) will do a head count, and the course will be explained to athletes. Once this is completed, the under 14's will start. Medals will be handed out as the kids cross the finish line.

Venue facilities

Tom Jeffery Park is a beautiful shaded park with toilet and shower facilities.

About the event

As mentioned previously, this event is all about kids taking on a challenge and completing the course. There is no time cut off and there is no problem at all with kids walking parts of the run course if they need to. A swim cap will be provided to all competitors. These must be worn for the entire event.

The course maps are available on the website <https://www.agneswatertriathlon.com/copy-of-triathlon>

The swim leg is likely to be choppy due to the sea breeze. We will do our best to ensure the swim is not too arduous. Under 10's will do a swim/wade in water between waist and chest deep. And we may shorten the swim for the older kids if conditions make this advisable.

Several SLSQ lifeguards will be in the water to keep the kids safe. Anyone getting into difficulty will be assisted to shore. If a child does need assistance during the swim leg, once getting back to

shore, they will be allowed to complete the event, if they are able to do so without further difficulty.

The run is entirely on the sand of Agnes Water main beach. The sand is flat and firm, so good for running. Shoes are not necessary for the run legs.

Spectators and Parents

We welcome all spectators, friends and families of competitors. All participants must have a parent or guardian in attendance for the entire event. Feel free to move around and cheer on the Kids. Just a couple of no go areas for spectators, being:

- Please stay clear of the running course and finish line; and
- Life savers have asked that parents do not enter the water whilst the kids are swimming. The life guards are well trained and need space to properly do their job.

Presentations

We will move back up to the park for refreshments and presentations after all participants have finished and been accounted for. We will have some yummy treats for all competitors, and winners of each age category will be acknowledged and awarded a small trophy.

Also at this time, we will do the random draw for the bikes, one each for a boy and girl. Every one who completes the course goes into the draw, but you must be present to win.

Presentations should be finished before 4.00pm.



Keep up to date

Regular event updates will be posted on the Agnes Water Triathlon Facebook page. This will be the primary means of communication to competitors. But any important race information will also appear on the Agnes Water Triathlon website.

Please bring to the event:

Water to sip on. Sunscreen. Towel. And something warm to wear after the event.