

DYNAMO'S SPLASH N DASH AQUATHLON SUNDAY, OCTOBER 1, 2017  
**be prepared for cooler temps on Sunday morning! Bring jackets, parkas, towels**

- PARKING:** ABSOLUTELY NO PARKING AT DYNAMO.  
DROP OFF AT TURN AROUND UNTIL 7 AM  
PARKING AT ST. PIUS LOT  
FOR THOSE WITH DISABILITIES NEEDING ASSISTANCE FROM ST. PIUS LOT PLEASE  
TEXT 4044837418 MORNING OF THE RACE NO LATER THAN 7 AM
- DROP OFF:** IF YOU NEED TO DROP OFF YOUNGER RACE PARTICIPANTS WHILE YOU PARK THE CAR,  
PLEASE ENSURE YOUR CHILD(REN) ARE GIVEN TO A VOLUNTEER AT THE DROP OFF  
ASSIGNED TO GATHER THESE YOUNG ATHLETES UNTIL YOU RETURN FROM PARKING
- CHECK IN:** EVERYONE MUST CHECK IN!  
OPENS AT 6 AM CLOSING AT 7:15 AM  
PICK UP YOUR BIB NUMBER/TIMING CHIP/SWIM CAP  
PICK UP YOUR BAG AND TSHIRT  
BODY MARKING
- NEXT:** GO TO TRANSITION AREA BASED UPON BIB NUMBER  
PIN YOUR BIB NUMBER TO YOUR RUNNING SHIRT OR RUNNING BELT  
PUT YOUR TIMING CHIP AROUND YOUR ANKLE AND SECURE WITH SAFETY PIN  
SET OUT RUNNING SHOES  
TRANSITION CLOSING AT 7:15 AM
- SWIM:** START ON FAR SIDE OF DOME. 10 MINUTES BEFORE YOUR START TIME LINE UP ON  
POOL DECK BASED ON YOUR SWIM SPEED WITH FASTEST SWIMMERS STARTING  
FIRST. IT IS A SNAKE SWIM WHICH MEANS YOU SWIM DOWN A LANE AND UP THE NEXT  
LANE .... EXCEPT FOR 5-6 YEAR OLDS.  
CONTINUOUS STARTS EVERY 10 SECONDS IN EACH AGE GROUP
- RUN:** ROADS CLOSED WITH POLICE PRESENCE  
VOLUNTEERS AND AID STATIONS ON COURSE  
1K IN DYNAMO PARKING LOT - 2 LAPS WITH RUNNERS RECEIVING RING AFTER 1ST LAP
- STARTS:**
- |              |                      |         |
|--------------|----------------------|---------|
| OPEN GROUP:  | hard start at 7:30   | 400M/5K |
| 12-14 GROUP: | no earlier than 7:50 | 400M/2K |
| 9-11 GROUP:  | no earlier than 8:15 | 100M/2K |
| 7-8 GROUP:   | no earlier than 8:35 | 100M/1K |
| 5-6 GROUP:   | no earlier than 8:50 | 50M/1K  |
- FINISH:** DO NOT RE-ENTER TRANSITION AREA UNTIL 9:15 AM  
AWARDS AT 10 AM - TOP 3 FINISHERS IN EACH GROUP  
WATER/FRUIT/BAGELS AT FINISH
- RESULTS:** FIND LIVE RESULTS HERE: <https://results.chronotrack.com/event/results/event/event-31334>
- SPECTATORS:** DO NOT ENTER TRANSITION AREA UNTIL AFTER 9:15 AM  
CHEER AT THE FINISH LINE OR AT THE END OF THE SWIM  
IF YOU WOULD LIKE TO VOLUNTEER RACE DAY PLEASE EMAIL HOLLY  
[holly@dynamoswimclub.com](mailto:holly@dynamoswimclub.com)