



Presented  
by:



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LIVE YOUR LUXURY



# Athlete and Spectator Guide

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[www.ParagonSplash.org](http://www.ParagonSplash.org)

## 2021 RACE DATES

MAY  
16

JUNE  
13

JULY  
11

AUG  
15

## USA Triathlon Sanctioned Event

Each event in the series is a USA Triathlon Certified Race, and each participant must be a USAT member. A parent or guardian must also sign a USAT waiver for each participant. It is only \$10 for the Youth one-year membership. You can purchase your child's USAT membership during race registration.

Get ready for

SWIM-RUN  
FUN!

REGISTER AT

[www.ParagonSplash.org](http://www.ParagonSplash.org)

# Health and Safety Policy

Paragon Training is an organization dedicated to improving the lives of our community's kids, adults, and families through sport. We believe that active lifestyles are key to improving mental and physical well-being. Athletes' welfare continues to be our priority during the ongoing coronavirus pandemic (COVID-19). Masks are not required while racing but are required in transition and in the pool area. **Registration is limited to 75 participants.**

Please follow these steps for each Splash and Dash Race

## 1 At-Home Body Marking

Grab a sharpie and mark your arms with your bib number! We want to be able to verify the race number at the finish line if a participant loses their bib. Doing it at home helps us with no-contact check in.



Write race number in sharpie like this!

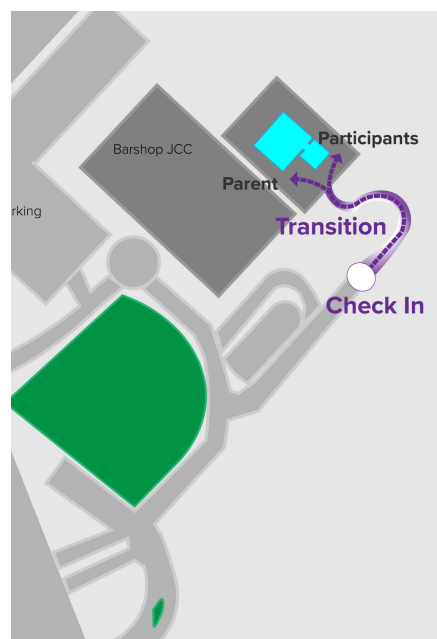
## 2 Park and Check In

You can park in any JCC lot, but there will be no entrance through the gate on the North side of the pool.

- Please check in **between 7am and 7:30AM**
- Parent presents ID
- Participants receive bib number(s) and pins

## 3 Set up Transition

Only **1 parent/guardian maximum is allowed beyond check-in** to help youth, if needed, to set up transition. That parent/guardian may enter the opposite end of the pool area from the start lines to watch their child swim. Additional spectators, please wait somewhere out on the course to watch your child run and finish! Thank you for helping us avoid congregating spectators!



## 4 Line up to race

Ages 5-6 swim 50 meters, ages 7-10 swim 100 meters, and ages 11-17 swim 200 meters. Starts will be marked accordingly, and participants will line up prior to the race behind their start line on spaced-out "X" marks. **Pre-race announcements start at 7:50am**

## 5 Race Start!

8-The race will start in a time-trial format. One participant will leave **every 8-20 seconds starting at 8am**. Prior to starting, each participant will sit on the edge of the pool, wait until Paragon staff say "GO," and then enter the water **feet-first**. Swimmers will exit the zero-depth area into transition. Ages 5-6 then run 200 meters, ages 7-10 run 800 meters, and ages 11-17 run 1 mile.

## 6 Finish!

Cheer the kids into the finish! Everyone will finish on the field, and each participant will be rewarded with a finisher medal and a cupcake!

## 7 Awards

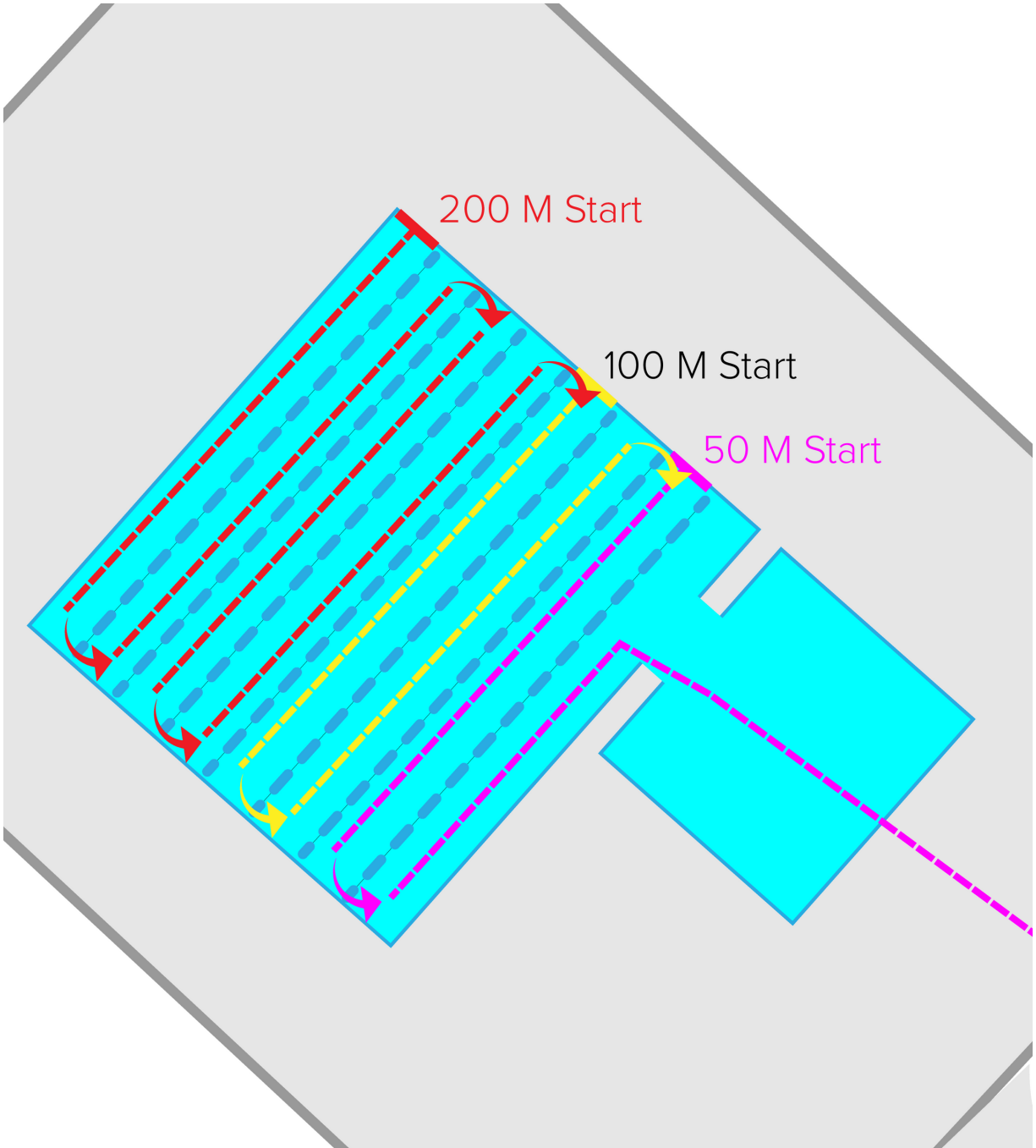
Certificates will be available for you to download electronically after the race. All pictures are always free and will be posted following the event.

## Spash, dash, and have fun!

We appreciate your support as athletes and spectators!

# Course Maps

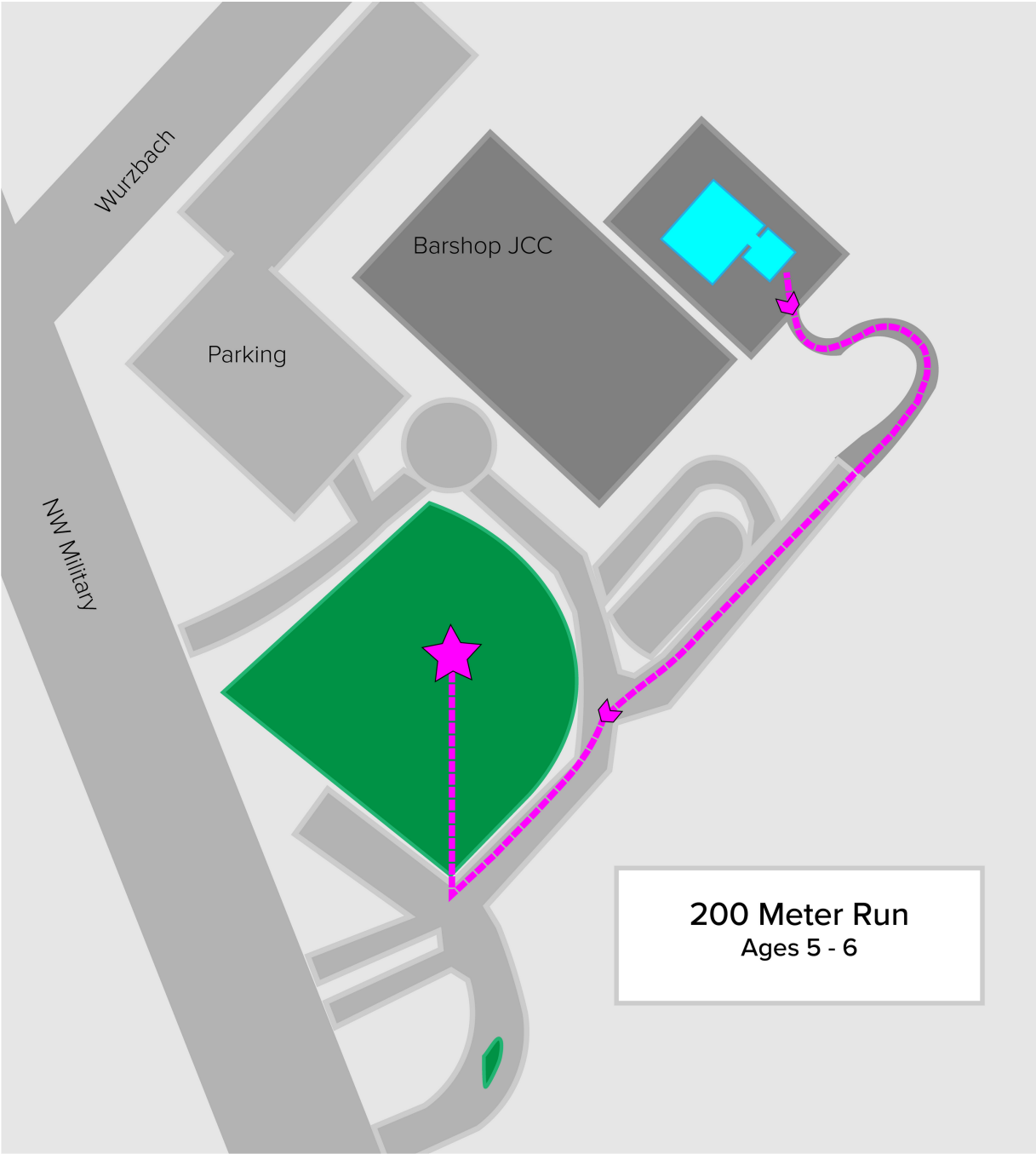
## Swim Starts



# Course Maps

## 200 M Run

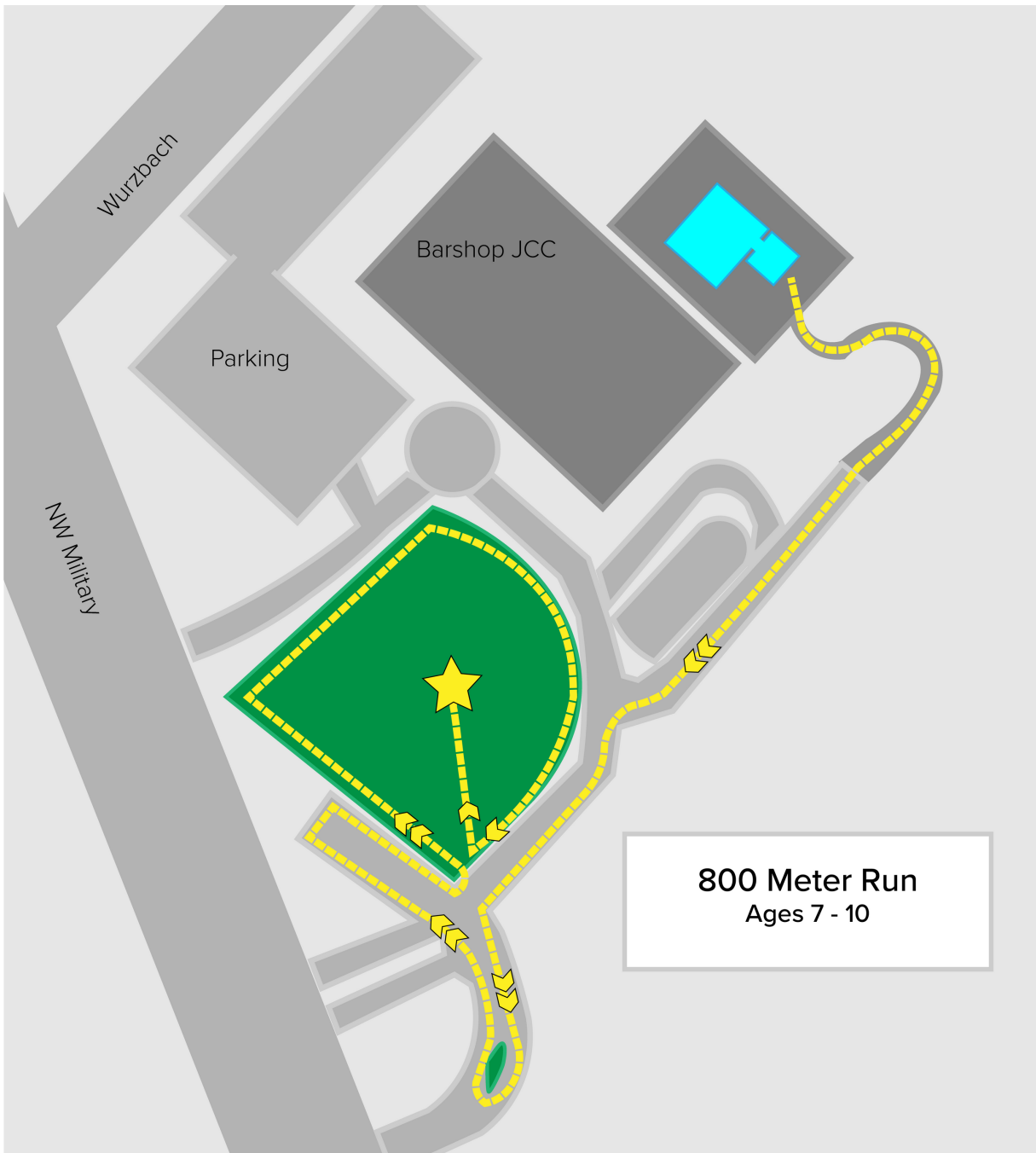
5-6 Year Olds



# Course Maps

## 800 M Run

7-10 Year Olds





# Course Maps

## 1 Mile Run

11-17 Year Olds

