

Dash n' Splash Swim Run Event

Hello CRKW families,

With great excitement that we have partnered with the Strathcona Regional District to offer a swim/run event for youth in Campbell River. The event will take place on **Sunday, April 19th**, which is the day after our last hosted Campbell River meet of the year.

The event is designed to promote physical activity and sport in the community in a fun and inclusive way. At the end of the race we will gather in Pinecrest Park for a fun filled celebration and some prizes. All participants will receive a completion certificate. We won't be timing the event, but if you're wanting to wear a watch and time yourself, you're welcome to do so.

Event start times, age groups, and distances for the event are as follows:

9:00 am Swim start for 6-8 year olds. This age group will swim 8 widths in the shallow end of the main pool (stepping on the bottom will be permitted). The 500m run will take them from the pool to the finish line at Pinecrest Park. Athletes in this age category are encouraged to dress in BLUE.

9:15 am Swim start for the 9-10 year olds. This age group will swim 100 m in the lane pool. Weaker swimmers will be offered the lane beside the wall and taking a rest on the side will be permitted). They will need to complete a 1 km run guided by volunteers along the route. Athletes in this age category are encouraged to dress in RED.

9:40 am Swim start for the 11 - 12 year olds. This age group will swim 200 m. They will need to complete a 1.5 km run guided by volunteers along the route. Athletes in this age category are encouraged to dress in YELLOW.

10:00 am Swim start for the 13-14 year olds. This age group will swim 300m. They will need to complete a 2 km run guided by volunteers along the route. Athletes in this age category are encouraged to dress in GREEN.

10:30 am Swim start for the 15-18 year olds. This age group will swim 400m. They will need to complete a 3 km run guided by volunteers along the route. Athletes in this age category are encouraged to dress in ORANGE.

Event details:

Please ensure your athlete checks in in the pool viewing room when they arrive. They will be told specifics on their heat/event start time.

Swimmers will be sent 10 seconds apart in heats with no more than 5 swimmers in a lane (depending on age).

When they complete their swim, they will exit the pool through the side door (emergency exits) toward Pinecrest Rd. where they will dry off, put on their running shoes and make their way over to Pinecrest Park. Volunteers will be on route directing the kids and a cheering crew will be gathered at the finish line for photos and celebration.

About the transition area:

There will be volunteers in the transition area directing the kids, but won't be helping with shoes. Please ensure that your child has shoes they can put on by themselves. The transition area will be open for athletes to drop off their towel, socks, and shoes (or any other gear they require) beginning at 8:10 am. Please remind them to try and remember where their stuff is when they drop it off as they'll need to find it after their swim.

Volunteering:

We need your help! We have about 25 positions that need to be filled for this event. They are all entry level roles and require no previous knowledge or experience. This is our first attempt at running something like this, we need you to help us make it great.

Registration:

Registration opens March 9th and will close April 12th. There is a maximum of 60 entrants per age group. All registration will be done through the Strathcona Regional District website. A link will be provided when available.

We're really excited to partner with the Strathcona Regional District on this event and are overjoyed to bring more awareness to swimming and sport in our community. Let's show everyone what being a part of the Campbell River Killer Whales swim club is all about!