## Contents

<table>
<thead>
<tr>
<th>Section</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>Welcome Address</td>
<td>3</td>
</tr>
<tr>
<td>Event Distances</td>
<td>6</td>
</tr>
<tr>
<td>Warrigal Walk Run - Fun</td>
<td>7</td>
</tr>
<tr>
<td>Event Schedule</td>
<td>8</td>
</tr>
<tr>
<td>Course Maps</td>
<td>9</td>
</tr>
<tr>
<td>Destination Guide</td>
<td>10</td>
</tr>
<tr>
<td>Entry, Fees &amp; Inclusions</td>
<td>11</td>
</tr>
<tr>
<td>Preparation</td>
<td>12</td>
</tr>
<tr>
<td>Event Day</td>
<td>14</td>
</tr>
<tr>
<td>Swim and Run Details</td>
<td>15</td>
</tr>
<tr>
<td>After the Event</td>
<td>16</td>
</tr>
<tr>
<td>Splash and Dash</td>
<td>17</td>
</tr>
<tr>
<td>Sponsors</td>
<td>18</td>
</tr>
</tbody>
</table>
Welcome Address

It is an absolute pleasure to welcome you to the 2020 MMJ Australia Day Aquathon - the 21st anniversary edition!

Aquathon continues to draw a large and fun all age crowd whom converge on beautiful Wollongong Harbour each year to celebrate Australia Day together.

Aquathon is a signature Illawarra community event, and could not have grown to be such a great event without our fantastic participants, sponsors and supporters.

From humble beginnings in 1999, it is hard to fathom that this event has evolved to the largest of its kind in Australia.

Whether you're a returning participant, first timer, local or visitor we are thrilled you have chosen the spectacular Illawarra to celebrate Australia Day with us. We thank you for supporting the event and can't wait to see you on the start line as part of our celebration on Sunday 26 January!

Rob Battocchio - Event Director

The MMJ Australia Day Aquathon is a big highlight in our events calendar every year. The atmosphere at this event is electric and we wouldn’t want to miss out on it.

At MMJ Real Estate, we are passionate about our community and love that we get to connect with everyone at this special Australia Day event. We love watching as the harbour comes alive with thousands of people participating or cheering each other on.

"There is nothing more Australian than being able to get outdoors with the family to enjoy our spectacular coastline and Destination Wollongong is pleased to once again support this homegrown event. Once you have conquered Aquathon I would encourage you to get out and enjoy all that Wollongong has to offer, whether it be seeing another perspective of the coastline with Skydive the Beach or relaxing in one of 60 new small bars and cafes throughout the city there is so much for the whole family to do."

Mark Sleigh - CEO Destination Wollongong
Australia Day Aquathlon

Wollongong Harbour

Sun 26 January 2020

Enter Now

Individual or Tag teams

Finishers medals

**Event**

<table>
<thead>
<tr>
<th>Event</th>
<th>Distance</th>
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</thead>
<tbody>
<tr>
<td>U10s</td>
<td>140m + 2km</td>
</tr>
<tr>
<td>10-12s</td>
<td>200m + 2km</td>
</tr>
<tr>
<td>MINI</td>
<td>200m + 2km</td>
</tr>
<tr>
<td>SHORT</td>
<td>400m + 3km</td>
</tr>
<tr>
<td>LONG</td>
<td>900m + 7km</td>
</tr>
<tr>
<td>Fun Run</td>
<td>4km</td>
</tr>
</tbody>
</table>

aquathon.com.au
LET'S AQUATHON

A HIGHLIGHT ON OUR EVENTS CALENDAR EVERY YEAR.

TITLE SPONSOR 2020

mmj.com.au
Events

The **LONG AQUA** is our signature distance. Australia’s premier Aquathon event attracts beginners to Olympic medalists. The Swim is held over a two lap 450m (900m total) course within Wollongong Boat Harbour, and a single lap scenic coastal 7km run. Ages 14 and up, individual or tag teams.

The **Suttle Shades SHORT AQUA** is the ideal distance for the novice to advanced. Treat it as a hit out, a fun fitness event or race. Single lap 400m harbour swim and 3km total run (out and back). Ages 12 and up, individual and tag teams.

The **MINI AQUA** is our ‘entry level distance’. Perfect for first timers and those wanting a relaxed non-competitive event. Start with a 200m (close to shore) harbour swim, and a 2km (1km out and back) walk, jog, run...give it a go on your own, relay tag team or with a group of mates.

The **Big Fat Smile KIDS AQUA** is exclusively for 7-12 year olds and the crowd favourite. Little one’s are treated extra special with additional safety measures and everyone receives special commemorative finisher medallion. Parents can also support the 7-9’s and participate along side their kids. Individual and tag team options.

The **RMB Lawyers Relay Team** category is the perfect option to join Aquathon with your mates, work group, fitness crew, sport club or school. One is the swimmer, one is the runner...easy as that. GRAB A MATE + Choose your preferred distance + Join the fun

The **Warrigal Australia Day Walk, Run, Roll, Roll** An event for all ages and all abilities. Bring your friends, family, grandparents or grandkids along for an enjoyable Australia Day morning. Starting at 10am, the scenic 4km course takes you the iconic Blue Mile cycleway.
Australia Day Aquathlon

Warrigal Walk, Run, Roll

Wollongong Harbour

Sun 26 January 2020

4KM

Enter Now

aquathon.com.au/walk
Events Schedule

For specific start times, please refer to full Event Schedule on website:

<table>
<thead>
<tr>
<th>EVENTS</th>
<th>CHECK-IN</th>
<th>TRANSITION AREA</th>
<th>BRIEFING (shore line)</th>
<th>START (*further information divided into age/gender groups)</th>
</tr>
</thead>
</table>
| LONG AQUA    | 6:30am - 7:45am   |                 | 7:45am                | 8am - Male
                                                        |                                               | 8:20 - Female and Team                      |
| MINI AQUA    | 7:15am - 8:30am   |                 | 8:40am                | 8:55am                                                      |
| KIDZ AQUA    | 7:15am - 8:30am   |                 | 8:55am                | 9:05am                                                      |
| SHORT AQUA   | 7:45am - 9:15am   |                 | 9:20am                | 9:30am                                                      |
| FUN RUN-WALK | 8:30am - 9:45am   |                 | 9:55am                | 10:00am                                                     |

Late entry opens 6.30am - 15mins prior to each event
NEW!!!

STORY MAPS

SATELLITE VIEW HOVER OVER EACH COURSE

- click image to view -

with special thanks to Cardno
Welcome to Wollongong!
Wollongong is a vibrant city situated on one of Australia’s most picturesque coastlines. Just 80k south of Sydney, the ‘Illawarra’ is home to some of the countries best beaches. Regarded as Australia’s ‘most liveable’ regional city, Wollongong combines a relaxed, coastal atmosphere with cosmopolitan dining, shopping and culture. Sitting beneath the spectacular Illawarra Escarpment, the city is bordered by the Royal National Park to the north and Lake Illawarra to the south. Renown for the home of Seacliff Bridge, Skydive the Beach, Nan Tien Temple, Jamberoo Action Park, Symbio Zoo, Minamura and so much more.

Getting to Wollongong:
Wollongong is located on the scenic south coast, 80km from Sydney airport and less than 2.5hrs from Canberra.
Wollongong harbour is central to the city, less than 1km from the main shopping centre and surrounded by cafés and accommodation options. Wollongong Harbour lies between City Beach and North Wollongong Beach.

Accommodation:
Wollongong has a growing array of accommodation options to suit any budget. Click here for accommodation options and bookings:

Parking:
Wollongong Harbour is located on Cliff Road. Ample parking can be found within 200m to 1km using nearby streets (Harbour, Smith, Corrimal). Other options include North Wollongong, Stuart Park, city car parks, near the entertainment centre, Beaton Park – allocate 5-15min walk for these options. If you are looking for ‘drop and park’, best option is to travel in via Smith St/Harbour St junction, do a drop off, only 200m walk to harbour).

By car: M1 or M7:
Wollongong is an easy 80 minute drive from the Sydney CBD and airports via the Princes Motorway (M1) or a 60 minute drive from west Sydney via the Westlink (M7). For directions click here:

By rail/train:
Wollongong is located on Sydney South Coast Line. Sydney Trains operate commuter trains at regular intervals to Wollongong. North Wollongong train station is a 1.5km walk to the harbour, as is Wollongong Central. To view the Sydney Trains website please click here. NOTE: public holiday train services

Canberra to Wollongong:
Take the Hume Highway to the Picton interchange and follow the Picton Road/Mt Ousley Road into Wollongong. This option will take approximately two hours and 30 minutes.
Entry Fees

Please visit our event website for information regarding entry fees:

What you get

• Aquathon Finisher medallion!!
• Entry to Australia’s premier Aquathon
• Professional event services such as water safety, first aid, road closures, 40+ on course volunteers,
• Eyeline Aquathon swim cap
• Time chip & online results
• Refreshments, sponsor give aways
• Entry to spot, age and major barrel draws
• A fun filled and rewarding experience

Merchandise

Merchandise orders are taken as part of registration process.
T-Shirt orders end on 18 January 2020.
Never done an aquathon before? No worries - it's a swim followed by a run!

Our good friends at Phyxit Physio have some great tips to get you ready for Aquathon.

Phyxit Physiotherapist James Davy is a former Australian representative elite triathlete. James has competed in many Australia Day Aquathons making it to podium level and knows a thing or two about how to prepare for Aquathon.

James' Top Tips:
1. Practice running after swimming during training.
2. Practice swimming in open water.
3. Be familiar with where you place your running shoes for the transition.
4. Be prepared for the day - have all your equipment organised the day before, know the course and the distances, know how and where to register.
5. Pace yourself and don't go out too hard.

RMB Lawyers Relay Teams

If you don't want to do both the swim and run, you can take part in the RMB Lawyers Relay Teams category. Grab a mate, one swims and one runs - too easy!
Whether it's your first “Aquathon” experience, you'd like to gain valuable race tips or set a quicker time we have all bases covered. Check out the following links for tips, advice and preparation.

Visit our website for preparation tips and event day information.

Stay up to date with important event day info and motivation to keep you training! @AustraliaDayAquathon

Follow us on instagram to keep across Australia Day Aquathon @activate_events_/ 

Click here to check out last year's video showcase to see how awesome Aquathon is!

Visit our YouTube Chanel for tips, advice and race day videos.

Craig Alexander - Triathlon Superstar

"The Australia Day Aquathon in Wollongong is an amazing event. Races for the whole family and all levels of ability make it really fun and friendly. The organisers do an incredible job putting on a safe and scenic event.

See you in Wollongong!"
Event Day

What you need to know:

**Check in and Late Registration:**
1. Check In is compulsory (minors to attend with adult)
2. Check in times are listed in the event schedule: http://aquathon.com.au/schedule/
3. Arrive with plenty of time to park and walk to the start venue
4. Marquees are located at the event site - Wollongong harbour. Positioned on south side of the central kiosk/amenities block
5. Collect swim cap and time chip (Aquathon) or race number for Walk
6. Teams – one swim cap/time chip per team

**Getting Organised on Race Day:**
7. Set up your gear in the ‘Change Area’ – refer to ‘event signs’
8. Listen to announcer for instructions
9. Attend pre-event briefing for your event on the waters edge or at the run-walk start
10. Start as per age/gender and event (see schedule here)
11. Enjoy the event and celebrate your achievements

Note: Tag Teams - Swimmers line up on waters edge, the runner will be located in the ‘Team Change Area’ clearly visible on event day.

**Safety & Medical Assistance:**

Australia Day Aquathon has an impeccable safety record and one we are keen to keep. Event day first aid is on standby located at the start and finish and on the course. Provided by St John First Aid and Wollongong First Aid and qualified lifesavers in the water. If required, seek assistance from an event marshal or directly with the first aider.
WHERE DO YOU SWIM?
The Australia Day Aquathon is held on the picturesque, clean and safe “Wollongong Historic Boat Harbour”.
• Sheltered from the surf break
• Picture perfect historic boat harbour
• Generally, very clean, free from debris (unless severe storms/rain)
• NSW Maritime Exclusive aquatic licence (no public craft)
• Water is normally calm to a little bumpy – dependent on winds/rain
• Temperature: Averages: 20-22 degrees
• Wetsuits (optional)

Note: The event is expected to proceed under most conditions, except under extreme weather events. Age/distance limits may be imposed due to conditions assessed on the day.

START PROCESS
• Pre-swim safety briefing occurs on shore line
• Swim starts divided into age/gender groups
• Swimmers wear bright swim caps
• A course is set with large visible marker buoys
• Beginner and kids stay close to the shore
• Experienced lifesavers carefully monitor the swim

THE COURSE
The perfect venue to run - scenic, coastal, spectacular and traffic free!
• Mix of walkway along the stunning ‘Blue-Mile’ cycle path and Puckeys nature reserve trail
• All participants head north out of the change area and do the same first kilometre to North Beach.
• Each turn point has a water station, is well sign marked with on-course marshals.
• Course is traffic and road free.
After the Event

Finish Line:
Located on Cliff Road
Pass through the finish arches and smile for our finish line photographer!
Collect your finisher medal

First Aid:
Located at finish line on standby

Timing Chip Return:
Once you pass the finish chute, firstly ensure to remove your timer tag (velcro ankle strap) and place in containers allocated.

Refreshment zone:
Proceed to the official participants ‘recovery area’ for fruit and water. Parents: please ensure to keep an eye on your children and assist to locate you.

Partner & Stalls:
Mingle within the partner stalls located on both north and south side of the kiosk. Visit our partners for some great give aways, activities, face painting and special prizes and offers

Results:
Results will be posted to our website within 24 hours CLICK HERE

Photos:
Post event official finish line images (for purchase) will be found on our website plus loads of social media shots can be found on our Facebook page

Prizes:
• $5,000+ prizes and barrel draws!!
• Loads of terrific major and random spot prizes are open for all who take part.
• Spot prizes randomly selected at registration (collected at official event award ceremony)
• Major barrel draw tickets collected at the award ceremony (you must attend in person to claim a prize)

Award Ceremony:
11.15am - across the road in Osbourne Park from the finish. Look for the main stage. Individual age awards and major barrel draws are announced.

Over $5,000 prizes, giveaways and barrel draws
Next Up...

Ocean Swims - SwimRunX - Aquathon
Sunday 8th March 2020
Wollongong Harbour & North Beach
splashdash.com.au