




Level 10 Splash & Sprint – Athlete Guide

Race Day Overview

 **Heats:** Max 16 participants per heat (2 per swim lane)

 **Check your heat & lane** in the Event Schedule

Race Format

Swim

- Each athlete swims **half of a lane** with one other participant
- Complete assigned distance → exit pool → transition

Transition

- Up to **5 minutes**, not counted in race time
- **WALK only**—no running on pool deck or hallways
- Proceed to Fieldhouse track and find a lap counter

Run

- Begins when you start your first lap (Lane 4, 5, 6, counterclockwise)
- Lap counters record laps and times (count your own laps and pass on your left)
- Complete your laps → exit to **finish chute** → finish time recorded

Post-Race

- Snacks & drinks (Classroom #1)
- **Cool Down Area:** Mats & rollers to work sore muscles

Event Categories & Distances

Category	Ages	Swim 🏊	Run 🏃
Sprint	–	750 m (15 laps)	3 km (13 laps)
Super Sprint	–	400 m (8 laps)	1500 m (7 laps)
Sprint Relay	–	750 m (15 laps)	3 km (13 laps)
Kids of Steel	14–15	400 m (8 laps)	1500 m (7 laps)
Kids of Steel	12–13	200 m (4 laps)	1000 m (5 laps)
Kids of Steel	10–11	100 m (2 laps)	800 m (4 laps)
Kids of Steel	8–9	55.5 m (3 lengths)	600 m (3 laps)
Kids of Steel	6–7	37 m (2 lengths)	400 m (2 laps)
Kids of Steel	3–5	18.5 m (1 length)	100 m (½ lap)

Race Schedule (TBC)

- **6:30–8:30 AM:** Check-In (Lawson Pool Main Lobby) (KOS Check in 7:20am)
 - **Body Marking/Swim Caps/Wristbands**
 - **Swim Warm-Up:** 6:30 AM until 10 minutes before your heat
 - Heat 1 & 2 → middle tank, KOS → shallow tank
 - **Pre-Race Meeting:** 5 minutes before your heat (Pool Deck)
 - **Race Start Examples:**
 - 7:10 AM – Adult Sprint Heat 1
 - 7:30 AM – Adult Sprint Heat 2
 - 8:00 AM – Kids of Steel events (oldest → youngest)
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Finish Area

- Snacks & drinks
 - Cool down area (mats, rollers, Level 10 coach)
 - Results & door prizes – must be present to win
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Timing & Rules

- Race starts at horn/whistle
 - Swim ends when you touch the wall at final lap
 - Run begins on track (count your own laps)
 - Transition not included (max 5 min)
 - Lap counters confirm laps & record finish time
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Detailed Instructions

Swim 🏊

- Pool lengths: 18.5 m & 25 m
- Ages 10+ → middle pool | Ages 3–9 → shallow pool
- 2 athletes per lane (divided by blue line)
- Swim starts from middle tank
- Lap counters signal **1 lap remaining**
- **Safety Notes:** WALK on bulkhead, no passing, count laps as backup

Transition 🕒

- WALK only
- Use change room to dry off and/or change before heading to the transition
- Put on shoes → follow cones/marshals to Fieldhouse
- Stay on track until run begins

Run 🏃

- Confirm laps with lap counter
- Clockwise/Pass on outside/right lane only
- Exit via finish chute on last lap