



Join us for the 17th annual WAC Biathlon (swim and run followed with a picnic) to kick off the 2026-2027 swim season!

Saturday 10/3/2026

See following pages on how you can help make this a successful and fun event for all!
Note family donation needs listed on the second page in the highlighted "Picnic" section.

You can access this information by going to the "Meet Sign Up" button under "Meets" on the website.

Specific Timelines per group(s) from 2025, **subject to change for 2026**

Groups	Report to WJC	Swim Begins	Swim Ends	Drop at park - begin run	End Run	Picnic Ends
HS/SR	7:15am	7:30am	8:20am	8:40am	9:40am	12:00pm
Gold	8:05am	8:20am	9:00am	9:20am	10:10am	12:00pm
Silver	8:45am	9:00am	9:35am	9:55am	10:35am	12:00pm
Bronze	9:20am	9:35am	10:00am	10:20am	10:40am	12:00pm

Questions? Contact Coach Calvin
higdoncalvin@gmail.com

Notes to swimmers and parents

1. This is a great event sponsored by the WAC Booster Organization. It gives the swimmers and parents an opportunity to get together and get to know one another better.
2. The safety of the swimmers is paramount. The cooperative organization of parent volunteers is necessary to this end. All volunteer positions are important to the logistics of this event and are vital for the safety monitoring of the athletes. Please, consider these positions first when volunteering.
3. Wear a WAC t-shirt. If this is your first season and you do not have a WAC shirt yet, wear any blue shirt!
4. You will have a mark on your shoulder and/or calf that defines your swim distance and run drop point. Do not start the swim without these markings.
5. Swimmers will need to keep track of their laps they have completed so they know when they finish their assigned distance. Parents may assist in counting, but it is not required. If time expires on the swim prior to a swimmer reaching their assigned distance, they will be whistled out of the pool.
6. Have your water bottle marked with your name and filled to hydrate well before the run. There will be water stations at specific drop points and at the park.
7. Have your running gear (shorts, WAC shirt, socks, shoes) in one dry spot to transition from swim to run.
8. Make sure you're ready to run leaving the pool with socks on properly and your shoes tied well!
9. Fruit or snacks may be given to one of the shuttling guides to take to the park or parents should drop them off at the park.
10. Anything that can not be taken with you on your run should be given to a shuttling guide to take to the park to be picked up after the run. Do not leave any of your belongings at the pool. Mark everything.

Swim

Swimmers will begin in the water at (see listed starting times above); older swimmers start first.

- SR/HS – 4,000 meters (160 lengths) swim
- Gold – 3,000 meters (120 lengths) swim
- Silver – 2,000 meters (80 lengths) swim
- Bronze – 1,000 meters (40 lengths)

Run

ALL swimmers will be shuttled to appropriate drop points to start their run from there. **Swimmers, regardless of driving privileges may not drive themselves and/or other swimmers from pool to park**

- Coaches may assign specific running distances for all swimmers within their group that differ from the above distances.
 - SR/HS: TBD
 - Gold: TBD
 - Silver: TBD
- In case of injury, notify a stationary or shuttling guide as soon as possible. If traveling in a group and someone gets hurt, stay with that teammate until adult help arrives.

Picnic

Any special dietary needs should be administered by parents.

- Food and paper products will be provided (please list dietary restrictions via your commitment on the website)
- All food donations should be individually wrapped for individual consumption, please no bulk food items.
- Swimmers may bring hydration/sports drinks in their personal bottles.
- Plan to bring the following based on your last names.
 - A-C: 24 case of bottle water
 - D-L: 1 package of snacks packs or fruit/granola bars – individual size – No Peanut products please!
 - M-Z: fruit, in natural peel or, individually wrapped, etc.

Volunteer Positions continued below...

BE SAFE and HAVE FUN!

VOLUNTEERS NEEDED – DESCRIPTION BELOW

Please sign up using the website Events (meets) page (link to be added as we near closer).

Coach Calvin will contact you regarding specific assignments/locations/responsibilities.

WATER STATIONS (6 – two at each location) You should bring card table and folding chair(s)

- Will be updated once details for this season are set.

STATIONARY GUIDES (TBD)

- Will be updated once details for this season are set.

ROUTE GUIDES (TBD)

- Will be updated once details for this season are set. May not be required for this season.

SHUTTLLING PARENTS (8 per swimming group)

- Act as a continuous shuttle using your van/SUV from WJC Pool to the appropriate drop point at the park.
- Parents will queue in the shuttle line outside of the WJC pool. Parents are not to queue until the times below for their group:
 - HS/HS2/SR: 7:00am
 - Gold: 8:55am
 - Silver: 9:20am
- Swimmers will be directed to the front most shuttle, once the shuttle is full, it should leave and return. Parents will be alerted via email when all swimmers from the group have been shuttled and they are dismissed.
- Bronze swimmers are not shuttled, parents should plan to transport.
- Additional details will be updated once details for this season are set.

PARK WALKERS/RUNNERS (unlimited)

- Will be updated once details for this season are set.

PICNIC HELP (4)

- Be at the shelter for families dropping off food.
- Prepare tables, organize food lines.