



Fremantle Ports Swim Thru 9 December 2023 Race Briefing

GENERAL EVENT & WATER SAFETY FOR SWIMMERS

**Please note this may be modified
so
YOU MUST ATTEND THE RACE BRIEFING ON THE DAY**

BEFORE YOU START

- If you have registered online – check-in at South Beach between 6.30 and 7.30am
- If not sold out prior, late registrations will close at 7.15am.
- You will be given your cap and timing band at registration.
- You must wear both – they are essential to us being able to account for all swimmers
- The colour of your race cap signifies which wave you are in.
- Your timing band goes on your wrist - you must tap it on the arch as you swim through the water finish.
- You must remove - watches, heavy jewellery or fit bands etc

START

- When your cap colour/wave is called - go through the start chute
- For the 1.6 and 3.2km events there will be a deep water start on a line defined by the green buoy and the finish line (see course map)
- Please self-seed on the start line with faster swimmers at the front.
- Once all swimmers are deemed to be ready, the race flags will be raised to signify a start is imminent (referee will demonstrate).
- The start of the race /wave will then be signalled by the sound of the air horn and drop of flag (referee will demonstrate).
- Different coloured caps are provided to identify each wave in each event.
- The event and wave sequence will be as follows:
 1. 3.2km event waves will go first
 2. Try-It (250m) swimmers will go next
Please watch the 3.2km start to see how it works –
TRY it swimmers – your course is the shorter – You start at the finish line
 3. 1.6km event waves will go last
- All distances (except Try it) - start by heading north – past the pontoon see course map.

1.6km & 3.2km COURSE

- See the course map attached.
- The key points are:
 - 1.6km and 3.2km swimmers your course is a simple rectangle
 - 1.6km - you do one lap
 - 3.2km swimmers - you do two laps
 - The Yellow buoys mark the corners of the course.
 - The pink buoys help to guide you along the way
 - After you pass the yellow buoy on your last lap you can head for the finish line.
 - keep all pink and yellow buoys on your left
- If you miss a yellow turning buoys you **MUST** swim back around it
- The green buoy is only there to mark the start line – it doesn't matter which side of it you pass on your way to the finish line
- The red buoys are there to stop you bumping into the pontoon and the groyne.

TRY IT COURSE - 250m:

- You have a white then a green buoy
- Swim to the white buoy - keep it on your left!
- Swim back to the green buoy – keep it on your left
- swim back along the beach to the finish line
- Remember you will have guides so don't get stressed

WHILE YOU'RE SWIMMING

- NO breaststroke unless you are in trouble
- If you catch slower swimmers - please be kind/gentle as you pass
- If you need assistance - wave and call out to the nearest water safety person
- **You MUST obey water safety crews and referees at all times**
- In the VERY unlikely event that all swimmers are required to exit the water
 - Swim directly to the nearest shore
 - Walk to the finish area and hand in your timing band so we can check everyone is safe

RACE FINISH

- This finish line is in the water.
- After turning at the last yellow buoy head to shore (between the black and white buoys) and through the floating finish gate
- Make sure you touch the finish gate with the timing band on your wrist.
- The finish time is the time that you go through the floating finish gate
Finish judge/s decision is final.

AFTER THE RACE

- Once through the finish line - come up the beach and take off your timing band.
- Then proceed to the end of chute for a well-earned piece of fruit.
- You might like to recycle your cap at that point too by placing it in the buckets provided.
- If you return to the water – make sure you remove your swim cap and stay away from the course to avoid confusion with other swimmers not yet finished their swim.
- Once you have finished your swim - Cheer on other swimmers
- Prize ceremony to be held as soon as possible after the last 3.2km swimmer finishes (approx 9:30am).

FIRST AID

- St Johns First Aid will be located on the grassed area close to the registration area to provide first aid if required.