



## Fremantle Ports Swim Thru

### Race Briefing

#### GENERAL EVENT AND 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 – heavy jewellery or any article that could cause injury to other swimmers.

#### 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 shorter – You start at the finish line and head left of the main course.
  3. 1.6km event waves will go last.
- All distances (except Try-It)- start by heading north – past the pontoon explained in the 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 - 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 buoy 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 have guides and/or your own chaperones to help you – relax and don't get stressed.

## WHILE YOUR 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

- The 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. (There will be officials in the water to help direct you).
- Make sure you touch the finish gate with the timing band on your wrist (this will be demonstrated on the day).
- 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 the 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 as they finish.
- Prize ceremony to be held as soon as possible after the last 3.2km swimmer finishes (approximately 9.30am) on the grassed area.

#### **FIRST AID**

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