

## **IMPORTANT RACE DAY INFORMATION – KING OF THE BAYS 300M, 750M, 2.8KM**

We have some very important information for you as you get ready for the final preparations for your 2010 Sovereign King of the Bays swim this Saturday, 17 April 2010. The below information is important and must be read to ensure your ocean swim is safe and enjoyable. Please also refer to an important preparation document we prepared for you. You can view this document on our website.

Please note that the 750m will start at Takapuna Beach. The 2.8km will start at Milford Beach.

Thank you very much for entering this event. All the best with your final preparations. Eat well, sleep well and we'll see you on the day!

### **Merchandise Clearance Sale**

To celebrate a successful season, we will have a huge merchandise clearance sale at the below swim pack collection events. Items will go from as little as \$2 and everything must go! We will accept cash or cheque, but unfortunately cannot accept any eftpos or credit cards.

### **Swim Pack Collection**

There will be two opportunities for swimmers to attend the swimmer pack collection (registration) prior to the Sovereign King of the Bays event.

If you are from outside of the Auckland area you can arrange for friends or family to collect your swimmer pack for you - friends or family will need to confirm your date of birth and if you will be wearing a wetsuit. If you are unable to attend swimmer pack collection and you do not have friends or family that can attend please email our event team here to make alternative arrangements.

#### **Swimmer pack collection option 1**

Venue: Grafton Cricket Club, 203 Victoria Street, Auckland.

Date: Friday 16 April 2010

Time: 4:00PM - 7:00PM

#### **Swimmer pack collection option 2**

##### **If you are swimming 750m, 300m Tag Team Relay and 200m OceanKids:**

Venue: Gould Reserve, The Strand (next to Takapuna Boat Club).

Date: Saturday 17 April 2010

Time: 11:30AM - 1:00PM

##### **If you are swimming the 2.8km event:**

Venue: Milford Reserve, Craig Road Milford.

Date: Saturday 17 April 2010

Time: 1:00PM - 2:00PM

It is important that you bring your e-ticket to the swim pack collection. This contains vital information that will help speed up the process on Friday and Saturday.

Your swim pack will include your timing chip, blueseventy kickboard and swim cap, as well as some great free sponsor goodies. The timing chip and swim cap must be worn during the swim on your ankle.

At the swim pack collection event, both your hands will be numbered in black permanent marker. Please ensure this remains legible until after the event. If you have elected not to participate, you may still collect your swim pack but please advise the crew of your withdrawal – you will not be issued with a timing chip.

## **Timing Chip Instructions**

Please fasten the timing chip securely to your ankle only (with supplied tyvek strap). If you choose not to participate in the event, please return the chip to a crew member immediately. Crew members at the finish line will remove your timing chip. If you lose your timing chip, you will be liable for replacement costs of NZD\$50.00.

## **Race Day Transport**

A bus will be available to transport swimmers to the race start at Milford Beach from Takapuna Beach. The price for a one way trip is \$5 per person. The bus will depart at 1:30pm from Takapuna (132 Hurstmere Road at the busstop at a Unitec Sign). If you have not yet booked, you can book tickets through our online store or you can contact us to arrange booking and payment by direct credit. Space is limited, booking is essential.

## **Swim Course Information**

Please ensure you read and understand the swim course instructions below before swimming the Sovereign King of the Bays swim on Saturday. For safety reasons if any swimmer does not follow the course they may be asked to leave the water at any time.

It is your responsibility to look up regularly when swimming to stay near key navigational marker buoys. We strongly advise the use of anti-fog goggles to aid you in your swim. Lifeguards where possible will try to keep any wayward swimmers on course. But ultimately the responsibility to stay on course lies with you.

### **300m Tag Team Relay Swim Course**

Subject to contingency plans, the 300m Tag Team Relay race will start at 12:40pm from Takapuna Beach. There will be a compulsory safety briefing at 12:25pm on Takapuna Beach.

The first member swims the 300m distance while the team mates wait and cheer for them on the beach. Once the first member finishes, they run up on to the beach and tag their next team member to get them underway with their swim. Each person swims the distance one after another like a relay. The team finish time is recorded when the final member finishes their swim and runs through our impressive finish line.

## **750m Swim Course**

Subject to [contingency plans](#), the 750m race will start at 1:30pm from Takapuna Beach. There will be a compulsory safety briefing at 1:20pm Takapuna Beach.

Following a beach start, swimmers enjoy a marked triangular course off Takapuna Beach.

Please also refer to the 750m swim course map on the website.

## **2.8km Swim Course**

Subject to contingency plans, the 2.8km race will start at 2:30pm from Milford beach. There will be a compulsory safety briefing at 2:10pm Milford Beach Reserve.

The 2.8km field will be split into four speed seeded waves for safety reasons. These waves will be selected from the estimated time you recorded on your entry form and you will be notified of your wave number at the swim pack collection. Should you wish to make any changes to your estimated time, please do so by contacting us no later than close of business Thursday 15 April 2010 . Thereafter, only limited changes will be made.

For an uninterrupted start, please position yourself sensibly at the rear of your start wave

The low tide for this swim is 3:15pm, high tide is 9:16am.

With a beach start at Milford Beach, the 2.8km course follows the coastline around 10 carefully placed orange bouys plus two large blue Sovereign buoys to guide swimmers to the finish at Takapuna Beach Reserve.

Please also refer to the 2.8km swim course map on the.

## **Gear Bags**

A gear truck will be available at the race start at Milford Reserve for all 2.8km swimmers. The truck will transport all swimmer bags to Takapuna Reserve and bags will be placed in the gear bag tent. Please pack only essentials as space is limited.

A gear tent will be provided for all participants on Takapuna Reserve. Please place your gear bag in the tent, clearly labeled for identification. Please pack only essentials, as there is limited room.

## **Event Safety and Race Rules**

### **Race Rules**

- You must be present at the race briefing. Compulsory briefing times are as follows:
  - 300m Tag Team Relay - 12:25pm on Takapuna Beach
  - 750m swim briefing - 1:20pm on Takapuna Beach
  - 2.8km swim briefing - 2:10pm on Milford Beach Reserve
- You must start the race within the designated start area
- You must stay on course as instructed in the safety briefing, if you fail to do so you risk being asked to leave the water

- Purposely obstructing other swimmers in the field is prohibited, doing so will result in disqualification
- Obey all lifeguards' instructions on the water and if asked to alter your course please do so
- Any competitor that appears incapable of completing the race at any stage may be withdrawn by the organisers, either before or during the race
- The Race Director's decision is final.

### **Event Safety**

While the event organisers have taken every reasonable measure to ensure your safety, as a participant in the Sovereign King of the Bays event, you are responsible for your own safety, physical well being and fitness level and enter this event at your own risk. If at any time during the race, you feel under stress, please find some clear water, roll on your back, relax and tread water to catch your breath.

Safety is the priority in our planning. This involves the safety of participants, event crew and the public, with considerable planning being undertaken in association with the Auckland Harbour Master's office, Coastguard Auckland, North Shore City Council, St John and Surf Lifesaving New Zealand.

Please refer to the detailed safety information in conjunction with the Terms and Conditions and Waiver on our website.

### **Prize Giving**

- The 300m prize giving will take place at 1:10pm at Takapuna Beach. Teams must be present to accept their prize. Stick around to watch the 750m and 2.8km races and stand a chance to win spot prizes and a Pacific Ocean Swim prize
- The 750m and 2.8km prize giving will take place at 4:15pm at Takapuna Beach
- The Series prize giving will take place at 5:30 at Copper Room, Hurstmere Road, Takapuna.

### **Post-event Entertainment**

The Sovereign King of the Bays is the sixth and final event in the Sovereign NZ Ocean Swim Series, which means the time has come to reward our top swimmers in the long distance event. The prize giving is a great chance to celebrate with fellow swim nuts, and to meet some like-minded people. It promises to be a fun afternoon - drink and food specials on offer. All competitors and supporters are welcome - it's a great chance to relax after the adrenaline of the race. Hey, you earned it!

When: Saturday 17 April, 5:30PM onwards

Where: Copper Room, Hurstmere Rd, Takapuna, North Shore City.

### **Results**

Results will be posted to the [www.oceanswim.co.nz](http://www.oceanswim.co.nz) website by 7:00pm Saturday 17 April 2010. Your certificate will be available for download from the results page.

## Contingency

Weather deemed unsuitable for swimming the Milford to Takapuna 2.8km event will be reduced to a 1500m course. This will see competitors swim two laps of the 750m course off Takapuna Beach. The 750m event will remain the same in this situation. There are no contingency plan for the 300m Tag Team Relay, but in the event of unsuitable weather conditions, the race organisers will consider shortening the course.

## Cut-off times

All swimmers must reach the 400m cut off marker within 14 minutes from your wave start to continue the Sovereign King of the Bays 2.8km swim. The 400m marker is the second orange buoy on the swim course.

If you do not reach the 400m marker within 14 minutes, life guards will politely ask you to board their inflatable rescue boat where you will be taken to shore at the first convenient opportunity.

The cut off times for the King of the Bays events are:

- 2.8km event - 1 hour and 45 minutes from your wave start
- 750m event - 30 minutes
- 300m Tag Team Relay event - 30 minutes (for your whole team to finish).

If you do not complete the swim within this time life guards will politely ask you to board their inflatable rescue boat where you will be taken to shore at the first convenient opportunity.

These cut off times are a necessary event safety precaution and have been put in place in partnership with Surf Life Saving New Zealand and Harbour Authorities

## blueseventy Kickboard

All Sovereign King of the Bays entrants will receive a blueseventy Kickboard. If you have already received a kickboard, then you will receive another one. Big thanks to the team at blueseventy.

## Photos

Marathon Photos are the official event photographers and will offer all participants high-quality photos of their achievement. All photographs will be available on [www.marathon-photos.com](http://www.marathon-photos.com) within a week of the event. You will also be emailed after the event with a direct link to your photographs.

## Toilets

There will be additional portaloos placed at the race start and race finish.

## Showers

An outdoor shower with cold fresh water will be provided on Takapuna Reserve for swimmers to rinse under from the salt water. Fresh water showers provided by All Proof – NZ's top plumbing supplier.