



Ocean Swim Race Rules

IMPORTANT: Swimmers should aim to be near the Marshaling Area at least 20 mins prior to your allocated starting time.

REGISTRATION: Registration desk will open from 6:30am. Where each competitor will have their name marked off, race number applied and given identifying swim cap, hi-vis rash shirts and timing chip. All competitors are to wear swim caps provided.

At the discretion of the Race Director, age group waves may be combined or delayed. Keep close to the Marshaling Area and listen for any announcements.

Competitors must marshal and mark their name off with the Chief Marshall at least 10 mins prior to their start time, or they will not be permitted to compete. The start time will not be held for late competitors.

Swimmers must swim the course as marked on the race map. Any variation to the course will be announced prior to the start by the Race Director.

Swimmers who cross the start line before the starting horn or take course short cuts are liable for disqualification.

Race Officials shall have the authority to remove a competitor from the race if the competitor is judged to be physically incapable of continuing the race without risk and injury to themselves or others. This can include swimmers who are deemed unable/ unlikely to complete the course in a designated time.

No extraneous aids are allowed. This includes, but is not limited to, fins, boards, snorkels.

However, 4k swimmers will be allowed to have a support paddler to provide fluids or nutrition during the event. Paddlers must stay on the inside of the course and not impede the progress of other swimmers.

DUTY OF CARE: For water safety reasons, Rash Shirts, T-Shirts, Stinger Suits, Fast Skins and Wet Suits are permitted. However, those competing with a wetsuit are not eligible for awards.

Remember to Slip-Slop-Slap.

SAFETY: For the best swimmer safety possible, the Mermaid Beach AEME SLSC water safety will maintain a high presence in the water on boards, skis and in IRBs. Members will be on duty and available if required on the beach.

If you require help, call on an Inshore Rescue Boat (IRB), Surf Ski or Board paddler – RAISE YOUR ARM HIGH for assistance.

A first aid team will be in attendance to provide first aid/ medical assistance if required.

SWIMMING IN THE OCEAN IS DANGEROUS: Due to the lack of control over all types of craft that operate on the ocean, including powered, sailing and manpowered craft, as well as the unknown behaviors of sea creatures, including dolphins, sharks, stingrays, stone-fish, sea snakes, sea-urchins, marine stingers and jelly-fish, all entrants in the 2024 Pan Pacific Masters Games Ocean Swim events will participate at their own risk and will accept and acknowledge the extent of the dangers inherent in Open Ocean swimming races.

SHARK SIGHTINGS: In the event a shark is sighted before the event, no one will be allowed in the water for 1 hour after the last sighting.

All IRB's will be equipped with a whistle. If a shark is sighted during event, all water safety is to alert swimmers with continuous blows of their whistle and shark alarm will be used. All swimmers are to be moved out of the water as safely as possible. The remainder of the event will be cancelled.

Swimming in the ocean is physically and psychologically demanding.

Each competitor will attest to be competent long-distance swimmers in the ocean and have no current or recurrent illnesses or injuries that may interfere with your ability to safely navigate the open ocean swimming course established by the organisers of the 2024 Pan Pacific Masters Games Ocean Swim event.

If you are deemed to have difficulty swimming the course, you may be asked to discontinue the event and will be assisted from the water. We will only do this if we believe your safety is at risk.

PROTESTS: Protests must be made in writing with a consideration fee of \$20 and given to the Race Director or received and receipted at registration within 15 minutes of the announcement of the provisional results.

Forms will be available from the administration table.

All decisions of the Race Director are final.

Any decision to cancel the event will be determined by event organisers no less than 1 hour prior to commencement of the first scheduled event.

REFUNDS POLICY: I hereby agree that if I do not participate in the Event for any reason, or if the Events are cancelled due to a storm, rain, inclement weather, winds or other Act of God conditions or safety concerns, my entry fee shall be non-refundable.