



IMPORTANT EVENT INFORMATION

EVENT LOCATION

The event will be conducted on the eastern side of Lake Kawana, at the northern end of the lake, off Sportsmans Parade near the finish tower (directly across the road from the Sunshine Coast Stadium).

TOILETS

The Stadium toilets across the road have been hired by Swimming Qld for our use (ground floor, left-front corner of the Stadium).

FOOD & DRINKS

The Canteen, which is on ground level across the road at the Stadium, will be open from 6.45am for food and drinks, and the Café in front of the Stadium will be open from 8.30am (ground floor, right-front corner of the Stadium).

LITTER

Please ensure all litter is placed into the bins provided as Swimming Queensland is held accountable for the cleanliness of the lake grounds, the stadium toilets, and the stadium area post-meet.

PRE-RACE REGISTRATION PROCEDURES

It is the responsibility of competitors to arrive promptly at the registration times (see page 3) to allow sufficient time for the following registration procedures. **Starts will not be delayed for swimmers who are late.**

Table 1 - Registration

Located on the concrete apron in front of the Finish Tower, competitors must present for registration at this first table wearing the swimsuits in which they will be competing. Each competitor will have their name marked off and be issued with their Swimmer ID Accreditation Card, which will have their two transponder numbers and competitor number shown thereon, and their swim cap. Free programs will be available from here.

Table 2 - Transponders

Competitors must immediately report to this next table after registration. As electronic timing will be used for this event (supplied and operated by Event Timing), two transponders will be issued to each competitor and must be worn on all competitors' wrists during the event. **Please show your Swimmer ID Accreditation Card to the person at this table to ensure you are given the correct transponder numbers.** It is the responsibility of the competitors to ensure that these transponders are securely fitted to both wrists. If you wish to tape the transponders to your wrists, it is your responsibility to provide the tape. Also see pp. 2 & 3 for the procedure regarding the return of the transponders.

NOTE: IF YOU ARE ALSO COMPETING IN THE RELAYS, YOU MUST RETAIN THE TRANSPONDERS YOU ARE GIVEN FOR THE INDIVIDUAL EVENT/S AS THE SAME TRANSPONDERS WILL ALSO BE APPLICABLE FOR THE RELAYS.

Table 3 - Temporary Tattoos

Competitors must immediately report to this next table after receiving their transponders to be issued with their temporary tattoos. **Please show your Swimmer ID Accreditation Card to the person at this table to ensure you are given the correct temporary tattoo number.**



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Application of Temporary Tattoos

Competitors must not apply sunscreen lotion to their arms, hands or back prior to the temporary tattoos being applied as they can only be applied to clean, dry skin. There will be multiple buckets and sponges available at the Registration area for the application of the temporary tattoos, which are to be applied to each shoulder blade, on each upper arm, and on each hand. Assistance will be available here, if required, for the application of the temporary tattoos.

NOTE: IF YOU ARE ALSO COMPETING IN THE RELAYS, DO NOT REMOVE YOUR TEMPORARY TATTOO COMPETITOR NUMBER OR RETURN THE TRANSPONDERS YOU ARE GIVEN FOR THE INDIVIDUAL EVENT/S AS THE SAME COMPETITOR NUMBER/TRANSPONDERS WILL ALSO BE APPLICABLE FOR THE RELAYS.

LATE NOMINATIONS

- Between 7.00am & 7.30am only
- Late fee of \$50 applicable
- Cash will not be accepted for late fees (clubs will be invoiced post-Championship)

START/FINISH CHECKPOINT & FIRST AID STATION

Competitors must allow **at least 10 minutes prior to entering the water** to be checked in by the Clerk of the Course at the Start/Finish Checkpoint (located under the McDonald's marquee on the sandy foreshore, to the north of the finish tower - see A3 course maps posted around finish tower area for location of this checkpoint). The First Aid Attendant will also be stationed at this location.

Competitors will be checked for swimsuit compliance (see by-laws below) and will also be checked to ensure that no jewellery, including ear and facial piercings, is worn, and that fingernails and toenails are cut short. Nail clippers will be available here, if required.

At the completion of each event, competitors are to exit the water via the Start/Finish Checkpoint, identify themselves, have their accreditation cards returned to them by the Official stationed here, and return both transponders into the grey plastic container. **Remember: if you are competing in the Relays events, you must retain your body numbering and transponders.**

FINISHES

- Swimmers must hit the gate to finish.
- Competitors who have nominated for the 5km, 7.5km and 10km events **must hit the gate at the 5km, 7.5km and 10km finish marks**, otherwise no result will be recorded for the 5km and 7.5km events. Similarly, competitors who have nominated for the 5km and 7.5km events **must hit the gate at the 5km and 7.5km finish marks**, otherwise no result will be recorded for the 5km event.

TIME LIMITS - FINA OWS RULE 6.17 & 6.17.1

FINA OWS Rule 6.17 will be applied at these Championships:

OWS 6.17

In all events, time limits shall apply as follows from the finish time of the first swimmers: 15 minutes per 5km (or part thereof) up to a maximum time limit of 120 min.



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TIME LIMITS - FINA OWS RULE 6.17 & 6.17.1 (cont.)

OWS 6.17.1

Competitors who do not finish the course within the time limits "shall be removed from the water except that the Referee may allow a competitor outside the time limit to complete the course but not be eligible for any points or prizes."

SWIMSUIT BY-LAW CHANGES

OWBL7

All Open Water swimsuits shall comply with the FINA approved standards in all respects or comply with CBL15.1.3 (traditional swimwear). Open Water swimwear, for both Men and Women, shall not cover the neck, extend past the shoulder, nor shall extend below the ankle.

Based on this change, age group athletes are now permitted to wear any FINA approved OWS swimwear when competing in open water events. Please Note: CBL 15.2 no longer applies to age group athletes competing in OWS events.

RETURN OF TRANSPONDERS

Competitors must return their transponders to the Official when having their names checked off at the Start/Finish Checkpoint at the finish of their event (see A3 course maps posted around finish tower area for location of this checkpoint). If a competitor fails to return the transponder/s, they will be **liable to reimburse Event Timing at the rate of \$75 per transponder** for replacement of the missing unit/s.

TEMPORARY TATTOO REMOVAL STATION

Buckets of water, wipes, Isocol and hand sanitizer will be available on the grassy area to the right of the finish tower for competitors to remove their temporary tattoos post-race.

NOTE: IF YOU ARE ALSO COMPETING IN THE RELAYS, DO NOT REMOVE YOUR TEMPORARY TATTOO COMPETITOR NUMBER OR RETURN THE TRANSPONDERS YOU ARE GIVEN FOR THE INDIVIDUAL EVENT/S AS THE SAME COMPETITOR NUMBER/TRANSPONDERS WILL ALSO BE APPLICABLE FOR THE RELAYS.

WITHDRAWALS & FAILURE TO COMPLETE COURSE

If you withdraw or **fail to complete the designated course for any reason, you must report in person to the First Aid Officer at the Start/Finish checkpoint** for examination (see A3 maps posted around finish tower area for location of Start/Finish checkpoint).

After release from the medical area, you must report in person to the Technical Official stationed here to have your accreditation card returned and competitor number recorded. This process is mandatory. Please do not leave the area without reporting to the First Aid Officer and the Technical Official stationed there.



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REGISTRATION, PRE-RACE BRIEF & RACE ORDER/START TIMES

Please listen carefully for when the Chief Referee announces that a pre-race briefing is starting. Pre-race briefs will take place approximately 30 minutes prior to the start of each race.

Event	Registration	Pre-Race Brief	Race Start Time
Men's 5km (13 years & Over)	07:00am	Approx. 08:00am	Approx. 08:30am
Men's 7.5km (15 Years & Over)	07:00am	Approx. 08:00am	Approx. 08:30am
Men's 10km (16yrs & Over)	07:00am	Approx. 08:00am	Approx. 08:30am
Women's 5km (13 years & Over)	07:00am	Approx. 08:00am	Approx. 08:40am
Women's 7.5km (15 Years & Over)	07:00am	Approx. 08:00am	Approx. 08:40am
Women's 10km (16yrs & Over)	07:00am	Approx. 08:00am	Approx. 08:40am
Men's 2.5km (12yrs & Over)	09:45am	Approx. 10:45am	Approx. 11:15am
Women's 2.5km (12yrs & Over)	09:45am	Approx. 10:45am	Approx. 11:25am
Boys 1.25km (11-13yrs)	11:00am	Approx. 12:00pm	Approx. 12:30pm
Girls 1.25km (11-13yrs)	11:00am	Approx. 12:00pm	Approx. 12:40pm
Mixed Relay 4 x 500m (13yrs & Over)	11:30am	Approx. 12:30pm	Approx. 01:00pm
Mixed Relay 4 x 250m (11-13yrs)	12:00pm	Approx. 01:00pm	Approx. 01:30pm

CAP COLOURS & NUMBERS

Men/Boys

Event	Competitor Numbers	Cap Colours	No. of Swimmers
5km (13 Years & Over)	43 - 115	Fluoro Yellow	99
7.5km (15 Years & Over)	24 - 42	Red	29
10km (16 Years & Over)	1 - 23	Sky Blue	23
2.5km (12yrs & Over)	226 - 260	Red	35
1.25k (11-13yrs)	305 - 330	Fluoro Yellow	28

Women/Girls

Event	Competitor Numbers	Cap Colours	No. of Swimmers
5km (13 Years & Over)	147 - 225	Fluoro Pink	98
7.5km (15 Years & Over)	130 - 146	Fluoro Orange	22
10km (16 Years & Over)	116 - 129	White	14
2.5km (12yrs & Over)	261 - 304	Fluoro Pink	44
1.25k (11-13yrs)	331 - 364	Fluoro Orange	36

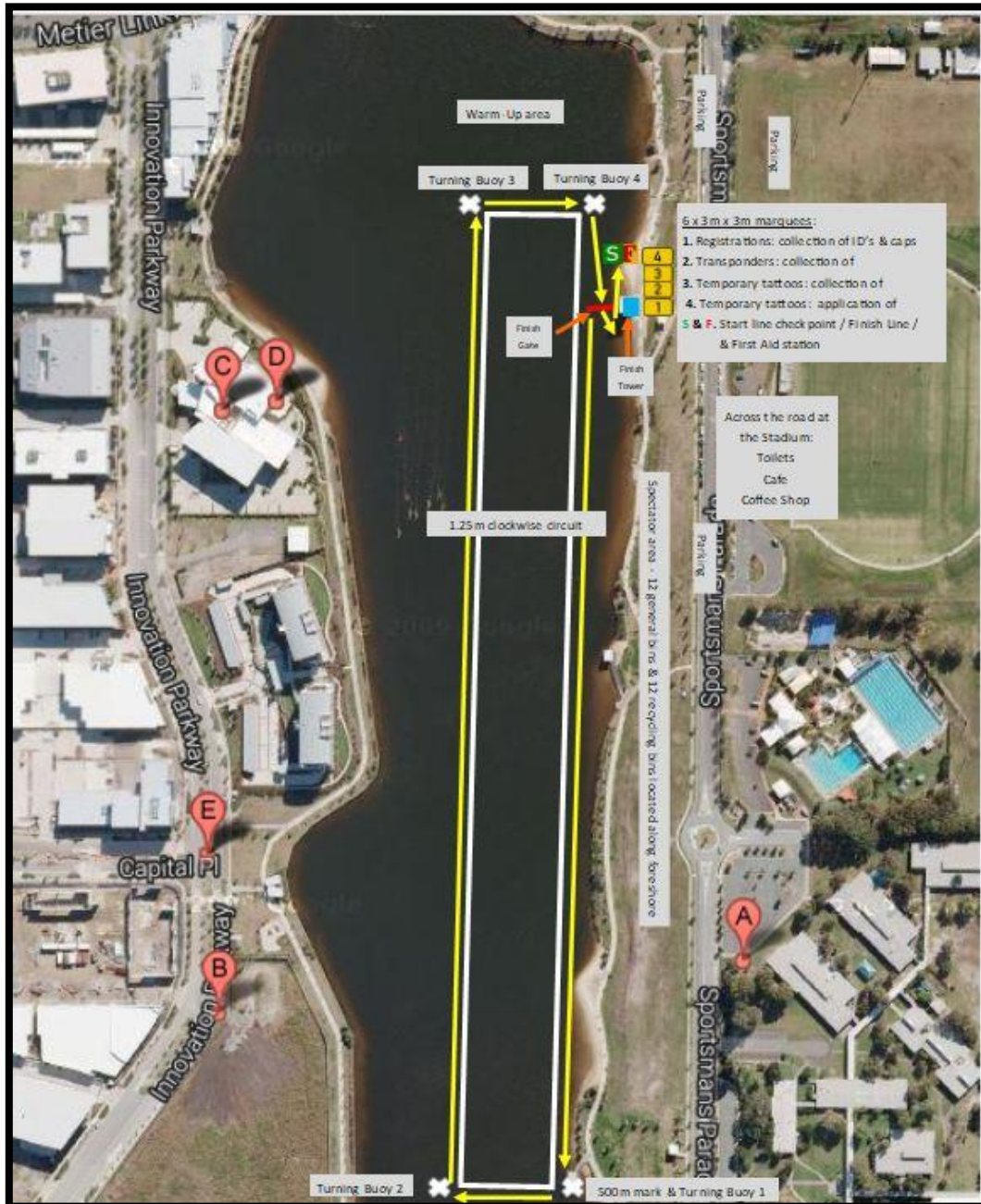
Mixed Relays

Event	Competitor Numbers	Cap Colours	No. of Swimmers
4 x 500m (13 Years & Over)		Club Caps	12 Teams
4 x 250m (11-13 Years)		Club Caps	3 Teams

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COURSE INFORMATION

The event will be conducted on a 1.25km course, on the eastern side of Lake Kawana. The course is to be swum in a clockwise direction. The smaller course size also allows for a more concentrated approach to water safety. The Start/Finish checkpoint will be on the sandy foreshore to the right of the finish tower.



FEEDING STATION

The location of the feeding station for the 7.5km and 10km competitors will be announced at the pre-race briefing. **There will be no feeding station for the 5km competitors.**

NOTE: OWS 6.6 *Standing on the bottom during a race shall not disqualify a swimmer but they may not walk or jump.*

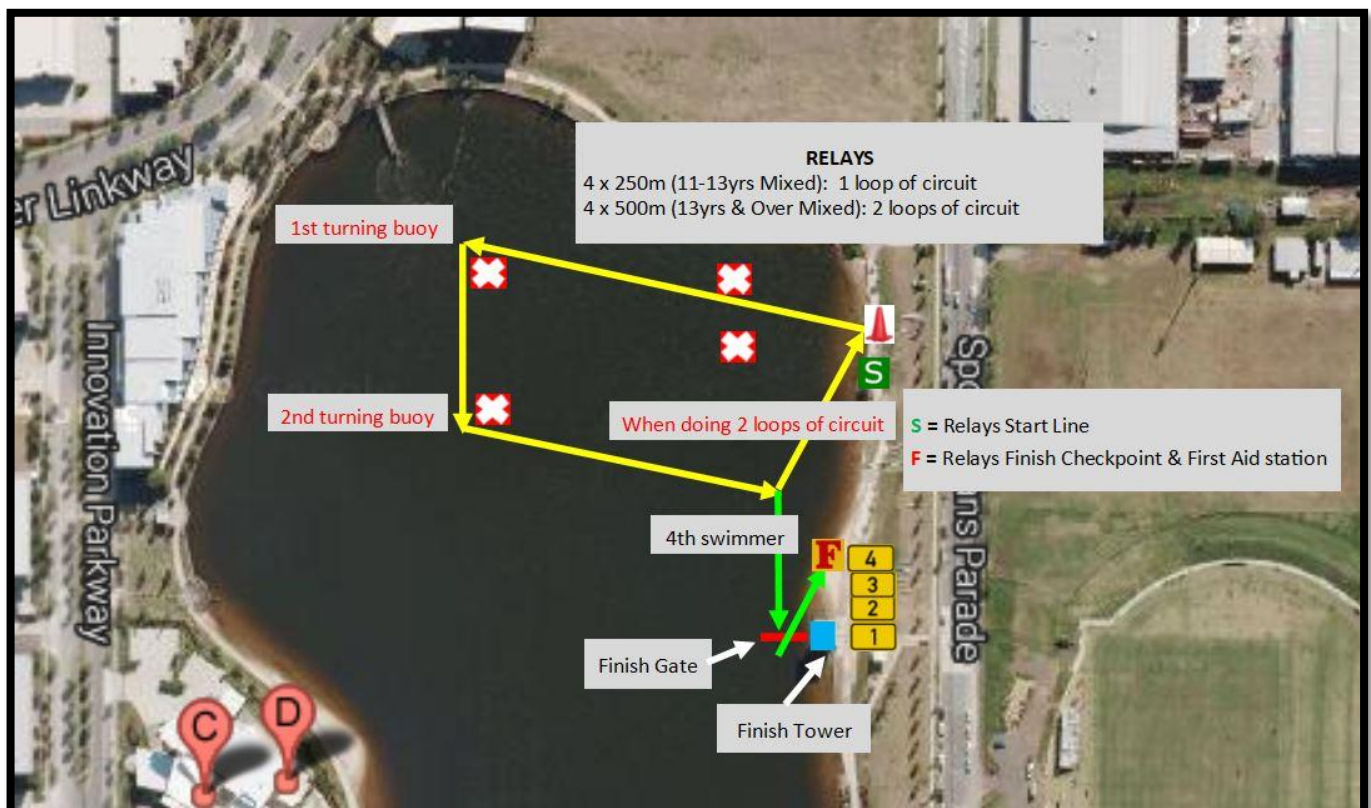
IMPORTANT EVENT INFORMATION

RELAYS

- Relays will consist of 4 swimmers completing 1 x 250m loop (250m event) or 2 x 250m loops (500m event), one swimmer at a time, from the sandy foreshore.
- Swimmer #1 will enter the water and complete the loop or loops before tagging swimmer #2 on the sandy foreshore.
- This will then happen for swimmers #3 and #4.
- Swimmer #4 will complete the loop or loops and finish by touching the finish gate.
- ONLY swimmer #4 is to wear the timing transponder, and this must be worn to receive a time.
- Each swimmer is to wear their Club swimming cap.

THE FINAL SWIMMER IN EACH RELAY EVENT NEEDS TO RE-REGISTER FOR THE RELAYS.

THE TEMPORARY TATTOO NUMBERS ALLOCATED FOR THE INDIVIDUAL EVENTS ARE NOT TO BE REMOVED BEFORE COMPETING IN THE RELAY EVENTS AND THE TRANSPONDERS ISSUED FOR THE INDIVIDUAL EVENT/S ARE TO BE RETAINED FOR THE RELAY EVENTS.





IMPORTANT EVENT INFORMATION

MEDALS

Medal presentations for all age groups will be conducted as soon as possible after the conclusion of each event, and will be awarded in the following age categories:

- 10 km (16yrs, 17yrs, 18yrs, Open)
- 7.5 km (15yrs, 16yrs, 17yrs, 18yrs, Open)
- 5 km (13yrs, 14yrs, 15yrs, 16yrs, 17yrs, 18yrs, Open)
- 2.5 km (12yrs, 13yrs, 14yrs, 15yrs & Over)
- 1.25 km (11yrs, 12yrs, 13yrs)

RESULTS

Live results will be made available for this meet and will be accessible from the event page of the Swimming Qld website. Following the conclusion of the meet, a PDF results file will be published on the website.

Please note: TM Results files will only be provided, on request, to club Race Secretaries.

SAFETY

1. A3 copies of the course map for both the individual events and the Relays will be displayed on site, in the area of the Finish Tower.
2. A pre-race briefing will be held for all coaches, competitors and water rescue escort personnel (see p.3 for times).
3. Water safety escort personnel will be on course in a combination of water safety craft: IRBs (fitted with propeller guards), surf skis, and paddle/rescue boards. Individual escort craft are not permitted.
4. A First Aid attendant will be located under the McDonald's marquee at the Start/Finish Checkpoint (see p.2 for this location) to provide basic first aid cover.
5. **Competitors who become distressed during the race must raise their hand to attract the attention of safety officials.**
6. Emergency procedures will take effect immediately in the event of a major incident.
7. The Meet Manager has the authority to call off the event prior to the start or during the event if inclement weather, fog, heavy winds, or any other conditions adversely affect the safety of the swimmers.
8. The local hospital, Qld Ambulance Service, and Police Station have been notified of the event.
9. A Public Notice appeared in the Sunshine Coast Daily on Saturday, 12 October re the closure of the lake (from the 500m mark to the Finish Tower end) to all users between 5.30am and 5:00pm on the day of the event.