

SWIMMING – OPEN WATER

Date: Sunday 9 February 2020

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FACILITIES:	The Open Water Swimming is on the Otago Harbour, adjacent to the Vauxhall Yacht Club. There is limited free parking and at Vauxhall Yacht Club, as well as changing rooms, toilets and showering facilities.
MEDALS:	A medal ceremony will be held at the completion of the event at the Vauxhall Yacht Club.
DIRECTIONS:	The Vauxhall Yacht Club is located approximately across the Harbour from the Edgar Centre, on Portobello Rd.
PROGRAMME:	Registration is from 6:30am until 7:15am outside the Vauxhall Yacht Club. There is a compulsory race & safety briefing at 7:15am. Race starts at 7:30pm
FIRST AID & SAFETY EQUIPMENT:	A manned safety boat will be present with safety equipment. A first aid kit will be provided at the Vauxhall Yacht Club. Any injuries must be reported to the Sports Coordinator on the day. The closest medical centre is the Dunedin Urgent Doctors, a 5 minute drive away.
REFRESHMENTS:	Please bring your own water bottle and food if you require any.
SPORTS SPECIFIC INFORMATION:	Caps must be worn, brighter the better, please no black as they are harder to see. Wetsuits are required. Numbers will be written on the back of the left hand with permanent markers. There will be a deep water start, and the finish line will be at the top of the boat ramp. There will be a time limit of one hour and 30 minutes to complete the event. Please be mindful of overtaking slower swimmers. Give them plenty of room.

