



Race Information Sheet for 2010

The annual Eastbourne Wharf-to-Wharf swim is a fun, non-competitive friendly swim event that all age groups can enjoy together.

The event, organized by the Eastbourne Swim Club in association Leisure Active – Hutt City Council and Harcourts Eastbourne has been running for over 30 years.

This information sheet should provide the information you need to enter and enjoy the event. We hope to see you on the day – you may even win a spot prize or a Trophy.

1. The Event

- Held on Sunday 7th March 2010 starting in Days Bay at 10.00am – registrations from 8.30am until 9.30am. A maximum of 150 entrants will be accepted.
- A sea swim of approximately 1.25 km distance swimming south from Days Bay wharf to Rona bay wharf in Eastbourne. The swim course is up to 300 metres off the shoreline. Enter the water on the north side of Days Bay wharf and swim around the end.
- To finish you must swim around the end of the Rona Bay wharf and exit the water on the south side of the wharf.
- Sea temperature in the harbour is typically around 15 deg C and swimming conditions on the day vary depending on tides and weather conditions.
- Swim time is typically between 15 and 40 minutes apart from one or two determined people who in the past have taken up to 55 minutes.
- Cancellations on NewstalkZB. If conditions are unsuitable the swim will be called off. There is no back up day.

2. Rules

- Entry is open to any swimmer who is confident in deep water and considers themselves capable of safely completing the swim. You are responsible for deciding whether the swim is within your capabilities, with the conditions on the day and that you are fit and well enough to attempt the swim.
- Children under 16 years of age require written parental consent and adult accompaniment during the swim is recommended for children under 12.
- On the day of the swim and at their sole discretion, swim organisers reserve the right to cancel the event due to unsuitable weather conditions, or to decline race entry to any person they consider may not be able to safely complete the swim in the anticipated conditions.
- An entry fee of \$15 applies, entry is at your own risk and all entrants must be registered and have an official number ID on your forearm.

- No swimming aids are permitted but use of wetsuits and goggles are allowed.
- The official W2W cap (supplied with registration) must be worn during the swim.
- Swimmers must follow instructions of race officials and must get out of the water if directed by a race official. No debate.
- Placings are based on exit position from the water, not on time. As you leave the water you will be given a numbered disc. It is important on exit from the water to have your disc number and individual code number recorded on the finishing list. If you finish in a bunch, hold your position in a line until you are sure your number has been registered.
- Trophies will be presented after the final swimmer has left the water and the results have been collated. Spot prizes are to be collected at the Yacht club.

3. Safety

- There will be canoeists and support boats to monitor and assist swimmers in the water. Shore-line Marshalls (wearing HiViz jackets) and the Red Cross will assist swimmers who leave the water before the end of the race.
- If you are concerned about getting too cold, wetsuits and Vaseline are recommended.
- If you get into difficulty while swimming, raise your arm above your head to attract the attention of a canoeist. Canoeists will assess the situation and signal for a boat if you need more than encouragement.
- If you leave the water before the finishing line it is imperative that you report to a shore-line Marshall OR report to a race official at the finish line. To ensure your safety we must account for all swimmers.
- Swimmers should have dry towel and warm clothes available in Rona Bay at the end of the race. Bags with the swimmers ID number attached will be transported to Rona Bay by the race officials and can be picked up at the finish line.
- Once finished (if cold), get dry and dressed into warm clothes as soon as possible. Hot showers and changing rooms are available at the Muritai Yacht Club and the Eastbourne pool.

4. On the Day

- Registration at the Pavilion in Days Bay between 8.30am and 9.30am
- Swimmers briefing on the lawn in Williams Park at 9.30am.
- Swimmers bag drop off for transport to the Rona Bay at the Registration desk between 8.30 am and 9.45 am.
- Race starts on the north side of the Days Bay Wharf at 10.00 am
- Sustenance, hot showers, blankets and first aid at end of the swim.
- Prize giving in the Muritai Yacht Club Rooms at approximately 11.30am.

Enjoy yourself and encourage your friends to come along too!