

St. Croix Coral Reef Swim

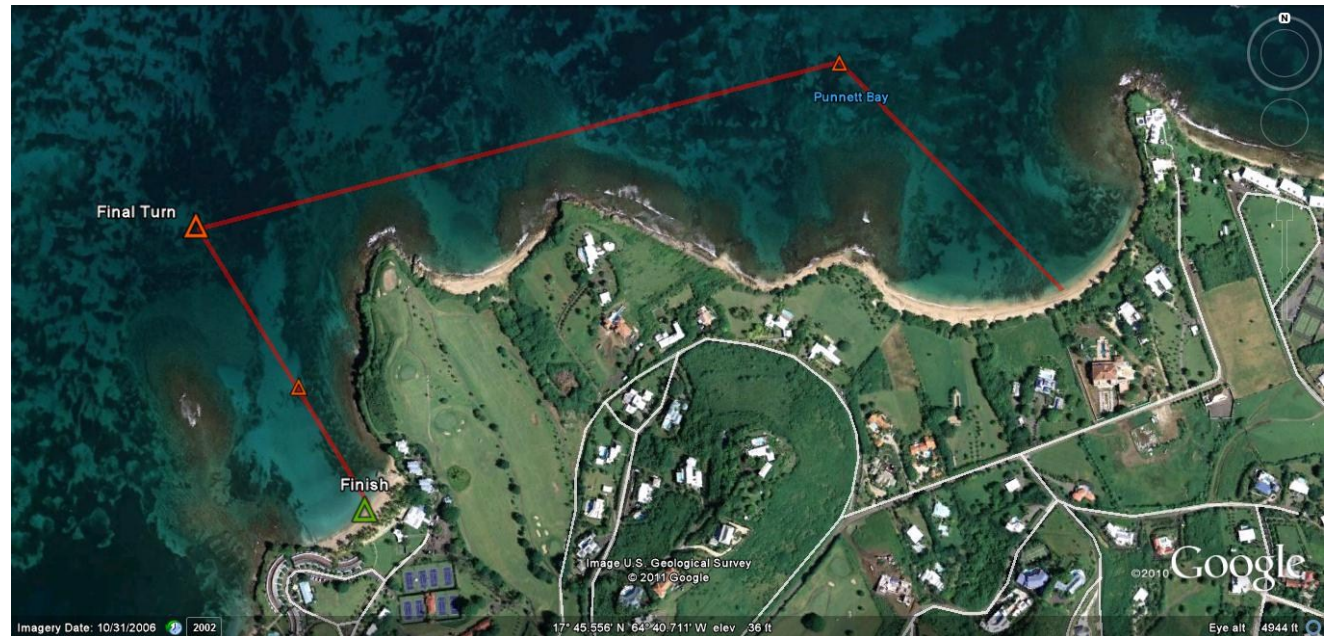
One Mile Information

WWW.SWIMRACE.COM

One Mile Schedule

Sunday, October 14, 2012

- **One Miles swimmers from off island: meet at the Mermaid Restaurant at 8:45 to board the taxi to be taken to the Shoy's beach parking lot.** Bring your ChampionChip timing equipment as well as your goggles.
- **One Mile swimmers from St. Croix: Meet at 9 AM at the Shoys parking lot for race marking.** Bring your ChampionChip timing equipment as well as your goggles.
- **Race Marking at the Shoys parking lot at 9 AM.**
- **Race begins at Shoys Beach at Approx. 9:15 AM.**
- **Swimmers begin finishing the race: 9:45 AM.** Family and friends gather at the Mermaid to cheer swimmers through the finish line.
- **Awards lunch begins at The Terrace Restaurant at 11:45. Remember your lunch ticket.**
- **Awards Ceremony Begins: 12:45 PM.**



Thank you to our sponsors: *The Buccaneer*
St. Croix, U.S.V.I.

Hovensa, LLC, Coca Cola, St. Croix Yacht Club, Bellows International

Cruzan Rum, www.stcroixsports.com, Green Cay Marina , MileMark Water Sports, Anchor Dive, Captain Heinz

www.facebook.com/coralreefswims

Before the Race starts...

8:45-9:15 AM

By 8:45 AM, Off-Island swimmers who need a taxi to the start of the race should meet at the Mermaid Restaurant to take a taxi to the Shoy's Beach parking lot.

Local swimmers should meet at the Shoy's parking lot at 9:00 AM for race marking.

Race Marking will happen in the Shoy's parking lot at 9 AM.

Bring a non-plastic bag with you to put your clothes or other small items into. Do not pack your life into this bag. **The items will be put back in the taxi and taken to the Mermaid Beach for your pick up after the awards ceremony.** We are not responsible for lost items.

Near race time - about five minutes before the start gather onshore when directed and listen to the final instructions.

The race will start with swimmers standing knee deep in water.

During the Race...

You will leave the beach at Shoy's Beach and swim out to the first buoy and turn left heading west towards The Buccaneer.

You should now be able to spot the final marker boat and the triangle buoy that marks your last turn of the race. You **MUST** go around this buoy keeping it on your left-any other variations will have you disqualified.

After you round the final finish buoy and boat, favor the left side of the bay in order to keep a safe distance from the large reef on the right side of Mermaid Bay.

Once you round this buoy you will be in full view of The Buccaneer. Head towards the dock on the beach. There will be buoys in the water to guide you to the shore. Once you reach the shore, run through the palm-lined finish chute and be certain to shout out your race number so you can properly be scored (you must go over the pad).

Once you have finished, please keep moving through the chute and head towards the refreshments offered to you. Please remember that the timer is working and needs to stay focused on other swimmers, so please avoid distracting him. Please turn in your ChampionChip and band to the station at the finish line.

Please read the safety protocol so you are familiar with the procedures.

Safety Protocol

Kayakers are on the course as first responders in case a swimmer has an emergency in the water. Kayakers are not there to lead you along the racecourse, however they will instruct you when you have deviated from the course and must change your direction in order to avoid reef areas. You must obey their instructions.

Should you need assistance in the water please take the

following steps:

- ★ Stop and wave your swim cap.
- ★ A kayaker will approach you and give you a Personal Floatation Device (PFD) to put on.
- ★ If you need further assistance to reach the side of the kayak, the kayaker will extend his
- ★ Do not panic and attempt to grab the kayak or the kayaker as this will risk swamping the
- ★ Hold on to the side of the kayak until one of the safety boats arrives to bring you on board.

Please make safety your #1 concern!

General Race Rules

Spectators are not allowed on the boats to Buck Island. Please discourage your friends and family from going out on their own motor boats to observe the race. The fumes bother the swimmers and there is a concern for safety with so many swimmers in the water. These boats may also confuse swimmers as to which boats to follow. The best place to observe the race is at the finish line.

Do not put sunscreen on your arm until you have been body marked.

If you are using a floatation device or swim aid you will not receive a time or placement.

Water will be available from all the boats along the race course, not from the kayaks. There will be a boat every mile, so plan your liquids accordingly. This is a warm weather swim, so hydrate. Please pass the water bottles back to the boat crew.

There are kayakers for safety in the water. If you are having trouble, stop and wave your swim cap and one will approach you. If you elect to not finish the race, you must advise Suzanne at the finish line as soon as possible that you have withdrawn.

If you are pulled from the race you will need to stay on board the boat until the race is over, as the boats are not allowed to leave the race course until the last swimmers have finished. Once you get on shore, you must immediately report to Suzanne, located at the finish line on the Mermaid Beach.

Swimmers are not allowed to touch the volunteer boats or kayaks. This will result in a disqualification

Swim caps must be worn during the race.

Do not return to the water after crossing the finish line.

You may not change your race distance on race day. Your declared distance at race check in is the **only** distance you may compete in.

You must use your ChampionChip timing chip. You will receive it at Check in and MUST bring it to the race. It needs to be turned in at the finish line immediately after finishing your course.

Failure to return it will result in a \$50 fine.

Race results will be posted at the beach. It is your responsibility to check the results for accuracy.

Time Limits:

Five Mile: First Turn: 1.5 hours, 3 hours and 40 minute limit to complete the course

Two Mile: must have rounded the farthest east turn buoy: 45 minutes, 1.5 hours to complete the course

One Mile: One hour to complete the race