
EVENT MUCKROSS LAKE SWIM 2010

TIMING SUNDAY 22ND AUGUST 2010

COMPETITOR BRIEFING NOTES – PLEASE READ CAREFULLY!

FOR ALL PARTICIPANTS

Mandatory Registration, reading disclaimer & body marking at the Arboretum Car Park Muckross House Killarney 9:30AM - 10:30 AM 22nd August. See below for directions.

Mandatory Safety Briefing Arboretum Car park 10:35 – 10:40 AM

- Non attendance for either the Registration or Safety Briefing will mean you will not be allowed to swim.
- A second short briefing will be given at the start of each section of swim for those with any remaining questions.

Registered Swimmers will make their way to the start of each swim. Those who are participating in longer swims finishing at Dundag beach should leave warm clothes etc. at the designated car or trailer provided by organisers. Please do not leave valuables here.

5km Group will start below 1st car park after Torc Waterfall.

4km and 1 Mile Group will start on the shore below Dinis Car Park

3km Group will walk 1 mile to Dinis Cottage and begin their swim as scheduled. This group may place their clothes etc. in one of boats for transport to Dundag Cottage. Warm clothes etc. should be left at Dundag in place provided as boat may not arrive in time before you finish.

The course for the swim is as per attached plan. (Appendix A). The swim will be run as an open entry solo swim. The nearest land is never expected to be more than 200 metres away except at crossing between Dinis Cottage and Colleen Bawn Rock and again between Devils Rock and Dundag where you will be 300 meters or more from shore.

- The event is open to all proven open water swimmers – male and female, in wetsuits or togs.
- Swimmers under the age of 18 will not be permitted in 2010.
- All swimmers must wear brightly coloured hats no dark hats will be permitted to swim.

Swimmers will start in a staggered/wave beginning at 11:30 AM with the 5km group at Torc.

The 4km and 1 mile swimmers will begin their swim at 11:45 from the shore by Dinis Car Park.

The final 3km group will start at 12:00 from the pier at Dinis Cottage. A Roll will be called before each swim begins. If you are not present when roll is called you will not be allowed to swim. Roll will be called 10 minutes before start.

The fastest solo swimmers are expected to complete the course in about 1 hour 10 minutes and the slowest are expected to complete the course within 3 hours (cut off time!).

NB Each swimmer will identify themselves **BY CALLING OUT THEIR RACE NUMBER and NAME** to stewards on finishing their swim. Your number will be written on your left hand at registration. **NB** If for any reason you exit the swim early you **must report YOUR EXIT AND YOUR NUMBER** to one of the stewards at the finish of the swim. In the case of 1 mile swimmers this will be at Dinis Cottage and all others at Dundag Beach.

The swim course will be marked by four large yellow regatta buoys which will indicate turning points. These buoys must always be kept to the swimmers right hand side. They are strategically positioned to chart the safest course for swimmers. They also mark the required distance the swimmer must swim to officially complete the course. The 5km Swim will be a deep water start off Torc Shore. Swimmers will have to be careful climbing over rounded stones to get into the water. Similarly the 4 Km and 1 mile swimmers will have to walk over stony beach to start swim. Those on the pier at Dinis will have an easier start on sandy surface.

Swimmers who are used to the sea should be prepared for the fact that fresh water offers you less buoyancy. Secondly the waters are much darker especially in deeper water. The water is fresh and pollution free as it is fed by the surrounding National Park. In the briefing the organisers will discuss the sighting points, buoys etc. you will need to know in order to navigate the swim.

Kayaks and ribs will also be positioned along the route to guide swimmers and give assistance where necessary.

For safety reasons, the organisers will remove all swimmers from the water if the course has not been completed within the 3-hour safety limit or if the safety crew judge a swimmer to be in difficulty. There is no discussion in this matter. If you are asked to come out of the water then you must comply with the safety team's request.

Any swimmer experiencing difficulty should turn onto their back and raise a single clenched fist in the air and wave – they will then be swiftly recovered by a kayak and/or rib.

APPENDIX A

