



INDIAN OCEAN OPEN WATER SWIM FLOREAT SURF LIFE SAVING CLUB

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Information pack

Thank you for entering the Indian Ocean Open Water Swim which will be held on **Sunday 4th December 2022 at Floreat beach** by Floreat Surf Life Saving Club. Please read the following carefully so you are ready for the swim as it contains information for swimmers, support paddlers and feeders.

Location

The event is being held at Floreat beach by Floreat Surf Life Saving club. Please allow enough time to park, unload your kayak (if applicable) and check-in well before 7.30am. Parking is available opposite the surf club, south of the kiosk and at the top car park. Please check the information map provided.

Registrations

Registration check-in will be at the surf club shed opposite the club.

- Registration check-in opens at 6:30am
- Registration check-in close at 7:30am
- Late entries will close at 7:15am

Race Briefing

The compulsory race briefing will be held on the beach near the start/finish area at 7:50am. A separate support paddler briefing will be provided. The event cut off is 4hr 14min after the 10k start. Event Schedule Overview (wave starts subject to change)

6:30am - Competitor registration for all pre-registered and late entries opens

7:15am – Late entries closes

7:30am - Registration closes

7:50am - Race briefing

8:00am – Race start

Wave 1 - 500m

Wave 2 - 10km

Wave 3 – 5km

Wave 4 – 2.5km

Wave 5 - 1.25km

The Course

Please see the attached map. The course is a 1.25k clockwise circuit

- 10km = 8 laps
- 5km = 4 laps
- 2.5km = 2 laps
- 1.25km = 1 lap
- 500m = 1 lap of short course

The Paddle Craft zone is along the west side of the course and will not be allowed to accompany their swimmers around the full circuit until all 2.5k swimmers have finished. Please note swimmers must **not** receive assistance from their paddler (EG, no holding/drafting/trails allowed)

There will be a feeding zone for those who do not have support paddlers.

Swimwear

The Indian Ocean Open Water swim is a surf club event therefore all swimsuits are welcome including wetsuits. No watches are allowed to be worn.

For 10k swimmers wanting to qualify for Rottneest Channel Swim, the following swimwear rules must be followed:

- No wetsuits
- No swimsuits which contain neoprene or materials which aid buoyancy
- No zippers
- Swimsuits must not cover the neck, extend past the shoulder or extend below the ankle

For further details: <https://rotnestchannelswim.com.au/qualifying-swims/>

Prizes

All swimmers are eligible for race prizes which will be awarded either as swimmers cross the line or shortly afterwards. There will not be a formal prize ceremony. There are no prizes for the 500m swim.

Refreshments and BBQ

Fruit will be available to swimmers on the finish line. To reduce our plastic usage no water bottles will be provided. Water will be available on the beach via water coolers and by the surf club. Therefore, we recommend bringing a reusable water bottle.

Grab yourself a bacon and egg burger from the BBQ (until sold out).



Indian Ocean Open Water Swim

Floreat Beach Saturday 4th December 2022



- 1 Lap – 1.25k
- 2 Lap – 2.5k
- 4 Lap – 5k
- 8 Lap – 10k

- 10 km → Solo & 14 years old
- 5 km → Solo & 12 years old
- 2.5 km → Solo & 12 years old
- 1.25 km → Solo & 11 years old
- 500 m → Solo & 9 years old

- Wetsuits swimming allowed for all events. (10 km wetsuit swimmers do not qualify for Rottneest Channel Swim and Port to Pub)
- Register at the surf club by 7:30am
- Late entries close at 7:15am
- Online entries close the day prior to the event

- Qualify for Rottneest Channel Swim and Port to Pub (10 km solo)
- Start and finish from Floreat Beach

Registration via: www.indianoceanswim.com

Club Contact & information: Admin@floreatslsc.com.au
Swim Contact: Swim@floreatslsc.com.au