



# INDIAN OCEAN OPEN WATER SWIM FLOREAT SURF LIFE SAVING CLUB

West Coast Highway, Floreat Beach, WA 6015 PO Box 24, Wembley, WA 6913  
Phone: (08) 9385 9370 - E-Mail: Admin@floreatslsc.com



## Information pack

---

Thank you for entering the Indian Ocean Open Water Swim which will be held on **Sunday 3<sup>rd</sup> December 2023 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. If you are running late you may struggle to park as the club is running nipper program on Sunday

The club changerooms will be available for showers and a room to leave your bag if you wish.

### Registrations

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

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

7:15am – Late entries closes.

7:30am - Registration closes.

### Schedule

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 10km event cut off is 4hr 14min after the start (Rottnest swim and Pot to Pub)

Event Schedule Overview (wave starts subject to change)

7:50am - Race briefing

8:00am – Wave 1 - 500m

8:15am – Wave 2 - 10km

8:20am – Wave 3 – 2.5km

8:25am – Wave 4 – 5km and 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 Rottnest 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:

Rottnest Channel swim: <https://rotnestchannelswim.com.au/qualifying-swims/>

Port to Pub: <https://porttopub.com.au/p/qualifying-swims-age-limits>

## **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**

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. We therefore recommend bringing a reusable water bottle.

## **What do I get for my entry fee?**

Your entry fee covers swim cap, water safety, insurance, fruit, and water at the end of the race and timing. Please note there will be no timing bands. Your time taken when you cross the line and uploaded onto Webscorer.

If you cannot swim for any reason or if the event is cancelled due to adverse conditions where the race director considers it unsafe you will not be entitled to a refund.

Refunds will only be provided if the event is cancelled by the organisers two weeks prior to the event