



RACE RULES AND INSTRUCTIONS

TURKS & CAICOS "RACE FOR THE CONCH" 2.4 MILE & 1 MILE ECO-SEASWIMS
JULY 6, 2013

START/FINISH LOCATION:: On beach in front of the Flamingo Café.
(Beach access between Club Med and Ocean Club East)

REGISTRATION CHECK IN ON BEACH:

2.4 Mile swimmers **MUST** check in between 7:00-7:45 AM.

1 Mile swimmers **MUST** check in 8:00-9:30 AM.

At check in, all swimmers will receive race number written on to both arms and swim cap. All swimmers **MUST** wear swim cap throughout race through to finish.

100 METER CHILDREN'S RACE: A separate 100 meter swim event will be held for children 12 and under at 9:00 AM. There is no charge for this race. Parents can sign up their children on the day of the race between 8:00 AM and 8:30 AM.

NOT PERMITTED: Swimmer will not be allowed to use fins, paddles, or wetsuit. Tech-suits banned by FINA (the International Swimming Federation) are also not allowed in this race.

PERMITTED: You may use any swim stroke. You may draft off another swimmer as long as you do not interfere with that swimmer or anyone else. Goggles encouraged. You may use snorkel with dive mask, however, those using snorkel will not be ranked against other swimmer times and will not be eligible for competitive prizes. When

possible, you may stand up on the bottom if you need a rest, but you are not permitted any forward walking motion. Swimmers with special physical challenges can request to use special devices to aid in swimming.

MANDATORY PRE-RACE BRIEFING:

For 2.4 Mile swimmers: 7:45 AM.

For 1 Mile swimmers: 9:30 AM.

Race director will review rules, course, description, etiquette, and safety.

RACE COURSE:

Extended 1 mile diamond shape course runs roughly parallel with beach to west and east of race start point. 1 mile swimmers go around course once keeping buoys to their left. 2.4 mile swimmers do the course twice plus extra .4 mile on eastern point of the course. Please see course map.

STARTS:

2.4 Mile Race: 8:00 AM

1 Mile Race: 10:00 AM

Conch shell will be blown signaling the start for each race.

SAFETY: Boats and paddlers will be posted along the race to look for swimmers who need aid and guide swimmers back on course if necessary. If you are tired or hurt and in need of assistance, you should signal for help by waving your hand. Note: Anyone posing a danger to other swimmers through rough behavior or other actions will be pulled from the race and disqualified. A race official's decision is final.

EXITING EARLY: If you must exit the race early for any reason before finishing, you MUST check in with race officials right away at the finish line so that everyone can be accounted for.

CUT OFF TIMES: Maximum time for 2.4 mile swim is 2 hours. Maximum time for 1 mile swim is 75 minutes (1 hour 15 minutes).

FINISH: The finish line is the same location as the start line. You will finish on the beach and **MUST** cross through the arch so that your time can be recorded.