



Open Water Swimming – COMPETITOR NOTES

It is compulsory for all entrants in this event and their supporters to read this notice and comply with its stipulations. They are also responsible for familiarising themselves with the event course and all its hazards. Please inform your supporters of their responsibility to comply.

Signing your waiver or completing your online entry is an indication you agree to comply with these guidelines.

PRIMARY RESPONSIBILITY

- 🚫 You are responsible for your own health and safety during the event.
- 🚫 The Open Water Swimming Race involves an element of risk, where competitors may encounter challenging swim conditions.
- 🚫 You should only undertake to participate in this event if you believe that you are fit to do so.
- 🚫 At no stage during this event should you engage in activity that would threaten your own safety and the safety of other people.
- 🚫 You should obey marshal and Event Staff where they are instructing you for your safety.
- 🚫 Marshals are giving up their time to help you, please treat them with respect. If you have any issues with a marshal's conduct, please do not approach them independently – please refer to the Event Manager.
- 🚫 Whilst every effort is made to make sure the course is marked accurately, and marshals are available at key points it is your responsibility to know the course prior to starting your race.

COURSE AND CONDITIONS

- 🚫 Conditions on the event days are undetermined and can change during an event, please observe and act accordingly for your safety.
- 🚫 Apes Games 2023 events take place unless the Event Manager evokes either a contingency course or cancellation – please bring suitable clothing for each event.

GENERAL NOTES

- ⊗ Competitors must behave in a manner that is safe, fair and demonstrates good sports conduct before, during and after the race.
- ⊗ Please report any accidents to the Event Director or marshal during the event.
- ⊗ If you pull out of the race for any reason, please advise the nearest marshal and the timekeepers when you return to transition.
- ⊗ Please give assistance to fellow competitors in need of help.
- ⊗ If you have finished, please have consideration for others still moving through the course.
- ⊗ Spectators must not follow athletes in a boat or other watercraft on the course at any time during the event.

GAMES REGISTRATION

All participants are required to check in at the Registration Desk at the Games Hub (Rotorua Energy Events Centre) in person before playing sports or taking part in an activity.

For safety and security, we cannot accept someone checking you in on your behalf. This includes Teams. Each Team Member is required to check in individually at the Games Registration.

VENUE

The venue for the Open Water Swimming Event is Blue Lake (Lake Tikitapu), Tarawera Road, Rotorua.

PARKING

Parking is provided at the Venue. This is provided at the top of the Blue Lake Reserve (shown below):



EVENT CHECK-IN

Event Check-in for the Open Water Swimming will be at the following times:

Wednesday 8th March 2023 – 13:30–14:40pm

COMPETITION RULES

2km Open Water Swim

Starting at the far side of the lake. Competitors must catch a BUS from the outside the Water Ski club to the start at the Blue Lake Lookout. Buses will leave the Water Ski Club car park at 14.20pm and 14.40pm. All competitors **MUST** be on the start by 14.50pm for race briefing. The swim involves an L shaped course swimming parallel to the shore across the lookout end of the lake before turning around a large, designated buoy to swim directly towards the far shore/ finish chute. There will be marker buoys across the swim course.

Race briefing: 14.50pm at the Blue Lake Lookout beach

Start: 15.00pm at the Blue Lake Lookout beach.

750m Open Water Swim

Starting opposite the Blue Lake Holiday Park. Swim 1 lap clockwise – around both buoys, turning right at each buoy, and exit the water between the flags and run up the finish chute

Race briefing: 14.50pm at the beach opposite the Blue Lake Holiday Park

Start: 15.00pm at the beach opposite the holiday park

Swim Courses

APES Games 2023 has 2 open water swims of Across the Lake 2km and the shorter 750m swim.

- 🕒 All swims have beach starts.
- 🕒 Swimmers of low confidence or limited experience should not attempt the Across the Lake 2km Swim.
- 🕒 Water safety coverage is organised by the Event Director – it includes boats with fully trained Water Safety Staff.
- 🕒 Wetsuits are recommended (a non-wetsuit swim is undertaken at athlete's responsibility)
- 🕒 Tri NZ ruling for Wetsuits will be enforced: if water temperature is 14°C Wetsuits are compulsory / if water temperature is above 22°C the wearing of wetsuits is discretionary.
- 🕒 Swim caps must be worn throughout all swims.
- 🕒 If you notice a fellow participant in trouble, please go to their aid and signal water safety.
- 🕒 If you are beginning to get into trouble raise your hand, to alert water safety to come to your aid.
- 🕒 If a swimmer is pulled from the water the swimmer will be brought to first aid providers (Peak Safety). The first aid providers will decide if the athlete can continue in further events – this decision cannot be disputed.

COURSE MAP










SCHEDULE

| Time | What's Happening | Who is involved |
|---------------|--|------------------------|
| 13:30pm | Registration | All participants |
| 14:20pm | Bus leaves Registration to 2km Swim Start. | 2km Swim Participants |
| 14:40pm | Bus leaves Registration to 2km Swim Start | 2km Swim Participants |
| 14:50pm | 2km Swim Participant Briefing at 2km swim start | 2km Swim Participants |
| 14:50pm | 750m Swim Participant Briefing at 750m Swim Start venue. | 750m Swim participants |
| 15:00pm | Open Water Swim(s) Start | All Participants |
| 15:30 – 16:30 | Race Finish | Participants |

SPECTATORS

Spectators are welcome to attend the Aquathlon Event. APES Games 2023 staff and the Aquathlon Event Team will strive to keep all spectators safe from harm but all spectators are responsible for their own personal safety.

Here are some pointers to help spectators stay safe while watching the event:

-  Be responsible and keep your own safety in mind.
-  Always follow and obey marshal's instructions.
-  Observe and follow all event signs.
-  Stay within designated spectator areas.
-  Do not enter any restricted areas. If you are unsure, please ask a marshal.
-  Keep off the track and always pay attention.
-  Children to be accompanied at all times.

PRIZE GIVING

Prize Giving will take place at the Games Hub, Rotorua Energy Events Centre between 5pm – 7pm on Wednesday 8th March 2023. Full details of the medal ceremony will be provided once Games Registration closes on 10th February 2023.

KEY CONTACTS / INFORMATION

| Name | Role/Organisation | Contact Number |
|--------------|-------------------------------------|-----------------------|
| Paul Miller | Event Manager / Sports Co-ordinator | 027 270 5300 |
| Graham Perks | APES Games Sports Manager | 021 191 3660 |

ADDITIONAL INFORMATION

Food and Drink should be available for purchase at the venue.

Physio services are available through Go Physio (1221 Haupapa Street, Rotorua – Tel: 07 347 8380) who will be operating a Drop-in Clinic 8am – 5pm Monday 6th March – Friday 10th March 2023 - <https://gophysio.co.nz/>