



Kiwaniis®

Kiwaniis Lake Rotoma Swim

Supported by **One Double X**



Instructions for swimmers

1. All entries are to be received by 4th February. You may send your entry form in prior to 4th Feb and pay on the day of the event. Register by Feb 4th and save \$10.00.
2. You may enter on the day on the provided laptops. Please note: registration on the day at the lake is a slow process. In 2018 that took 90 mins and some swimmers missed their events. Entries close 30 mins before each event.
 - No entry form, no timing tag.
3. You must wear the colour coded swim cap provided.
4. Your health is your responsibility. Enter at your own risk.
5. Please ensure all gear has been washed if from another lake to ensure control against lake weed cross contamination.
6. At the completion of your event, cross the timing mat, have your timing tag removed and check out at the timing tent. You can talk to your friends after doing this please.
7. If you pull out of an event, you must still have your timing tag removed and check out.
8. If you require assistance, remove your swim cap and hold it up as high as you can. Please do not wave your arm around, that's what all the other swimmers are doing.
9. All competitors in any given distance event will start together. There will be no separate wetsuit class.
10. Please note that mobile phone coverage at the venue is generally non-existent.

11. Payments on the day of the swim are by cheque or cash only. Payments may be made online prior to the event.
12. Event start times are indicative only and may have to be modified due to circumstances.
13. Open Water Swimming Rules based on pages 145-153 of the FINA handbook apply.

Thank you for taking the time to read and understand our swim instructions.

Entry fees

Under 16: \$25.00 16-25 yrs: \$60.00 over 25: \$70.00.
 One entry fee covers multiple swims. Discount \$10.00 if registered before 4 Feb.

Account # 03-0490-0168833-00 Use name and swim as references.

Location

Turn off State Highway 30 at Matahi Rd, then follow the lakeshore track.

Course

The course is a 1500m triangle with a rope suspended 1.5m below the surface on buoys spaced 10m apart. All distances are accurate. The course will be supported by power boats and kayaks.

<http://www.kiwanis.org.nz/dv09roto.htm>

Event	Distance	Course	Start time
1	6 - 15 km	Main triangle	8.30 am
2	6.0 km	Main triangle x4	10.00 am
3	400m	Beach rope	10.15 am
4	1.5 km (u/20)	Main triangle x1	10.30 am
5	1.5 km (20+)	Main triangle x1	10.45 am
6	3.0 km	Main triangle x2	11.00 am
7	1.0 km	1st leg of triangle out and back	11.15 am
8	100m	Beach rope	11.30 am
9	Presentation of certificates and medals		1.00 pm

NB: You must sign out when you exit the water at the end of each event. A timing tag is required for each race entered.

This event is part of the Swim The Lakes Series

LAKE ROTOMA SWIM ENTRY FORM & RISK WAIVER.

Entries to: **Kiwanis Club of Whakatane**
Leigh Baker Ph. 027 495 9571
Judy Baker Ph. 07 308 7086
7 Sullivan Street, Whakatane 3120
email: catsandhens@xtra.co.nz

Internet banking: 03-0490-0168833-00
Use name and swim as references.

Payments at the event are by cash or cheque only.

Please complete one entry form for each competitor.

SURNAME..... FIRST NAME.....

DATE OF BIRTH

EVENT(S) #

POSTAL
ADDRESS.....

CITY..... POST CODE.....

CONTACT PHONE #.....

EMAIL ADDRESS:

I declare that I am fit and enter at my own risk.

SIGNATURE.....AMOUNT PAID.....