



Date: October 26, 2024

Location: Elgin Sporting Club - Grabouw (Google address below):

<https://maps.app.goo.gl/7YP9vmy7uigruaYJ8>

Please note that the venue will be open from 06:50

5km Race Information:

Warm-up / Registration: 07:00 – 08:00

Race briefing: 08:20 – 08:40

Race Line up: 08:45 – 08:55

5km Men's Race start: 09:00

5km Women's Race start: 09:10

3km Race Information:

Warm-up + Registration: 08:30 – 09:30

Race briefing: 10:15 – 10:30

Race Line up: 10:45 – 10:55

3km Men's Race start: 11:00

3km Women's Race start: 11:10

1.5km Race Information:

Warm-up + Registration: 11:00 – 12:00

Race briefing: 12:20 – 12:40

Race Line up: 12:45 – 12:55

Men's Race start: 13:00

Women's Race start: 13:10

Race Briefing: There will be verbal briefing at the start before your swim

Water Safety: Lifeguards are on the water at all times during all 3 events.

Medics will also be present at the event.

Should any water safety personnel deem it necessary that a swimmer must be taken out of the water, they will do so and bring them back to the finish and be checked by the medics.

Race Number Marking: You will have your race number marked on both hands, arms, and the top of your back/shoulder blades.

You will not be able to enter the water unless your race number is clearly visible

Wet Suits: Can be worn if required. Please note that if are wearing a wetsuit, you will be placed into the wetsuit category for your event for results purposes.

Food & Drinks: No Food or drinks(alcohol) may be brought onto the premises. The restaurant offers a well varied Halaal Friendly menu, please take advantage of that through the day.

Coffee & snacks vendors will be on site as well.

What to Pack: Pack everything you will need to complete a successful swim!

Remember to look at the weather predictions and ensure you have suitable clothing for afterwards