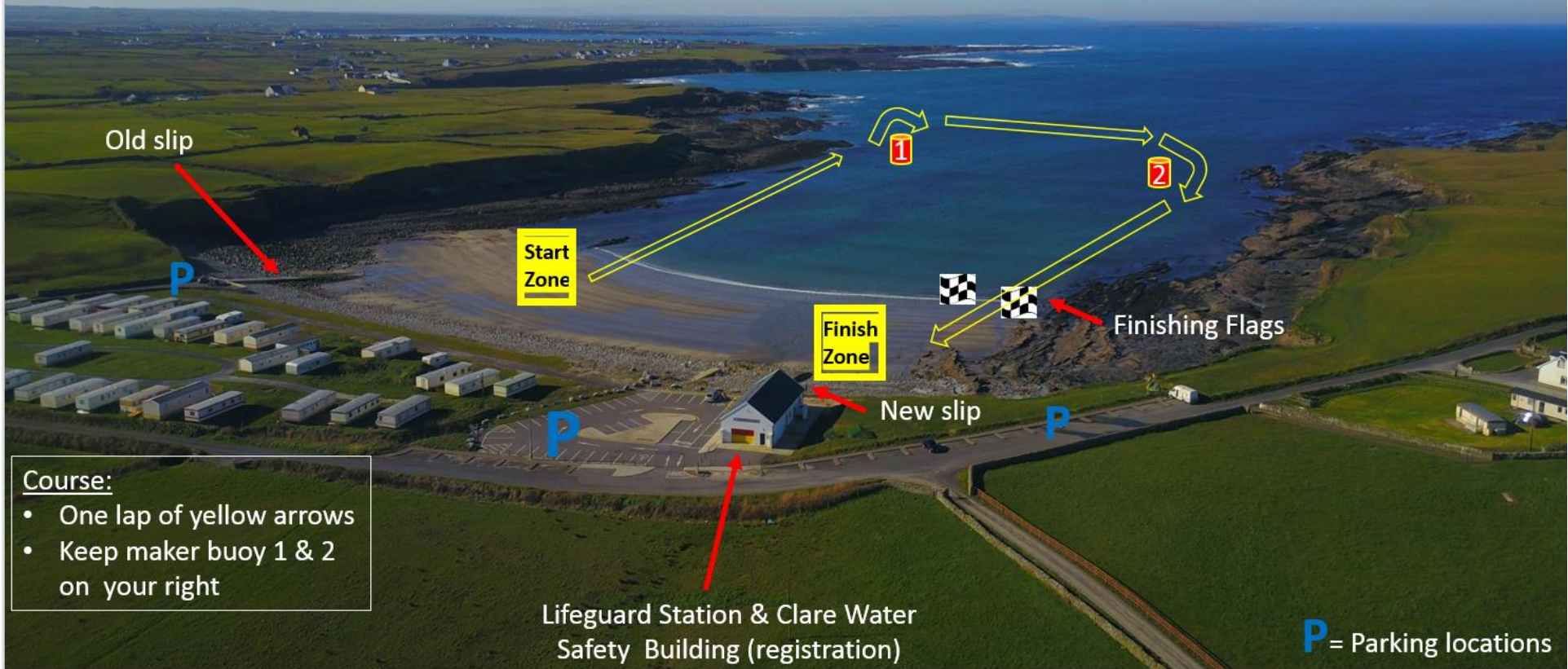


Malbay Swim 1km Course



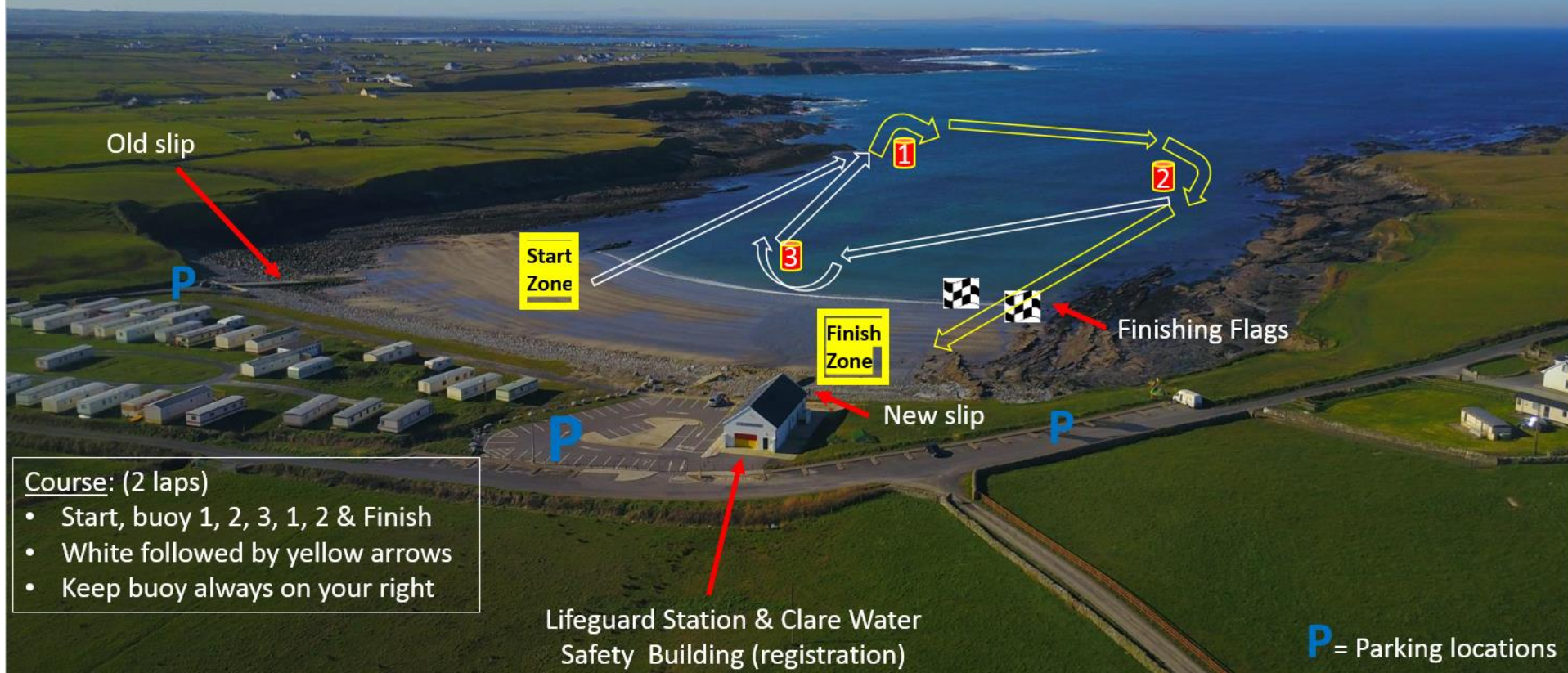
Course:

- One lap of yellow arrows
- Keep marker buoy 1 & 2 on your right

Lifeguard Station & Clare Water Safety Building (registration)

P = Parking locations

Malbay Swim 2km Course



Course: (2 laps)

- Start, buoy 1, 2, 3, 1, 2 & Finish
- White followed by yellow arrows
- Keep buoy always on your right

Lifeguard Station & Clare Water
Safety Building (registration)

P = Parking locations

MALBAY SWIM 2017

20 August 2017

Entry Overview

Inaugural Malbay Open Water Swim, White Strand, Miltown Malbay.
Distances ~1km swim & ~2km swim in the sheltered bay of White Strand in stunning West Clare surroundings.

TIME	ENTRY CATEGORY	DISTANCE
10:30am -11:00am	Registration	-
11:15am	1K (min. age 12)	1 lap course
12:30pm	2K (min. age 16)	2 laps of course (see map)
Note: Safety briefing before the start of each race		
Entry Fee	Under 18 €10	Senior (Over 18) €20

Parking

Parking will be available at the venue (see map)

Changing, Baggage Area & Toilets

Swimmers can use area located at the back of the Clare Water Safety building, for changing and as a baggage area.

Entries and check in will also take place here.

Do not leave any valuables in the changing area as organisers will not be responsible for any loss or damage to belongings.

Public toilet facilities are located at the side of the Clare Water Safety building.

Check-in

Check in will take place at the back of the Clare Water Safety building.

When you have checked-in, please ensure you have your allocated number on your hand.

Timing

At the swim finish (see map) you will be handed a Number Card by the Assistant Recorder. Your time will be registered by the Official Recorder on an electronic timing machine as you are handed the numbered card.

As you move up the slip there will be Swim Marshals who will record your Name beside the Card Number on an exit sheet.

Please Note: Without your swim card number we cannot log your time.

Start & Finishing area

Spectators are asked to keep back from the starting & finishing areas.

Safety

Before the start of the swim, swimmers will be given a safety briefing. This will include important information about the course and what to do if you get into difficulty.

In the event of an incident

If you need assistance whilst in the water do not panic. Tread water and raise one arm in the air. We will have plenty of safety craft on the water that will reach you as quickly as possible. The safety boats & boards will always be within safe distance and must be obeyed at all times during the swim.

On retiring from the race please report to the finish area and register your name with a swim marshal. As tempting as it might be do not wave to spectators as this will be seen as a distress call for the rescue boats and you may be removed from water.

You Must Have & Provide your Swim Ireland/Triathlon Ireland or Irish Water Safety Number to be allowed to swim. No number no swim no exceptions.

Note: Event subject to weather/sea conditions

Route

Both 1km & 2km will start near the old slip (southerly slip) and finish at the new slip (by the lifeguard station- Clare Water Safety building).

Swimmers will be split into manageable waves 1 minute apart.

There are 3 large marker buoys marking the course. You must keep the marker buoys to your right at all times. If you don't you will be disqualified.

Get familiar with the route – map is attached to the email, it will also be discussed at the safety briefing and there are plenty of officials/marshals who can advise.

Start procedure

Swimmers will be called to assemble at the starting area in order of their allocated number/wave (which must be on your hand).

The start is on the beach, when the hooter sounds you will cross over the start line. You can run or walk into the water but please take care. Your race time starts on the hooter.

Finishing

The finish will be clearly identified by finish flags which will be on the water's edge (sand/beach finish). Swimmers must swim/walk/run between the finishing flags to finish. At this point you will be handed a Number Card by the Assistant Recorder. Your time will be registered by the Official Recorder on an electronic timing machine as you are handed the numbered card. Following the swim swimmers will be corralled in order of finishing.

As you move up the slip there will be Swim Marshals who will record your Name & number beside the Card Number on an exit sheet. Without your swim card number, we cannot log your time.

PLEASE BE RESPECTFUL OF ALL OTHER SWIMMERS DURING AND AT THE FINISH.

Wetsuits

Wetsuits are not compulsory for the Malbay Swim. A wetsuit will give you extra buoyancy and warmth. Please ensure your wetsuit fits properly as ill-fitting wetsuits will hamper your ability. There will be separate categories for wetsuit and non-wetsuit swimmers.

Results

Swim results will be posted on Ennis Masters Swimming Facebook page & at the presentation after the event. Trophies will be presented to 1st place wetsuit & non-wetsuit swimmer for 1k and 2k swims.

