

## **2009 Water Corporation Open Water Swim Series: Frequently asked questions:**

### **1) Can I wear a wetsuit?**

Swimming WA will allow competitors to wear wetsuits under the following guidelines:

- No swimmers wearing wet-suits are eligible for place medals
- Swimmers wearing wetsuits will not have their times ratified for Swimming Australia Events (not a formal time)

### **2) Will there be drink stations on the course?**

No drink station is provided on the water. It is up to swimmers who wish to have a water station to arrange this themselves:

- Swimmers may use a water's edge drink stop- with the aid of supporter (cannot take step after your feet have touched the ground)
- Swimmers may use a paddler\* to provide a drink station (swimmers may not hold on to the craft)

### **3) Can I use a paddler?**

Paddlers are allowed in Swimming WA's Open Water Swim Series to provide drink station support.

Paddler Rules:

- The paddlers will not join the race until after the first turning marker
- Paddlers must stay on the outside of the course, not cross the swim course and cannot interfere with other swimmers (any paddler interfering another swimmer will be removed from the race and their swimmer disqualified)
- Paddlers are not a required part of this event and participate at their own risk.

### **4) Will water be available at the finish line?**

Swimming WA will set-up a refreshments tent at the finish line- all swimmers will be handed bottles of water and there will be fruit and water barrels available for use by competitors.

### **5) What are the 10km cut-off times?**

The cut off time for the 10km event is 4 hours and 15minutes. Any swimmer still in the water after this time will be asked to return to shore.

### **6) Do I need to wear the swimming cap provided?**

All swimmers are required to wear the Water Corporation OWS Series swim caps provided at each race. Each distance division will be allocated a different colour- these are needed for safety purposes.

If you have any further questions please contact Pip Brown at Swimming WA on 9328 4599.