



# World Masters Games 2017 Open Water – Athlete Guide



Welcome to the Open Water Swimming competitions of the World Masters Games 2017. The events are being held on Takapuna beach on Auckland’s North Shore.

<b>Venue Name</b>	Takapuna Beach
<b>Discipline hosted</b>	Open Water
<b>Venue Information</b>	The Strand, Takapuna, Auckland 0740; located approximately 9km north of central Auckland.
<b>Transport Information</b>	Due to limited parking, WMG2017 recommend considering alternative transport options or carpooling. However, if unavoidable limited on-street parking is available. Please see the <a href="#">Transport Information Guide</a> for more detailed transport information.

A range of temporary infrastructure will be in place for the event.

### The Course:

The course comprises several laps of a rectangular course swum in an anti-clockwise direction starting and finishing in the marked area close to Takapuna Beach.

- Swimmers must tag onto the course by holding their timing chip against the sensor mat prior to entering the water
- Swimmers must finish the race with a transponder and touch the finish plate with their hand to finish the race.
- Swimmers may stand but it is illegal to step or push off the bottom should you be in water shallow enough to do so

<h3>1.5km Route ONE LAP</h3> <p>1st Lap: START &gt; 1 &gt; 2 &gt; 3 &gt; 4 &gt; FINISH</p>	<h3>2.5km Route TWO LAPS</h3> <p>1st Lap: START &gt; 2 &gt; 3 &gt; 4 &gt; 2nd Lap: 1 &gt; 2 &gt; 3 &gt; 4 &gt; FINISH</p>	<h3>5km Route FOUR LAPS</h3> <p>1st Lap: START &gt; 2 &gt; 3 &gt; 4 &gt; 2nd Lap: 1 &gt; 2 &gt; 3 &gt; 4 &gt; 3rd Lap: 1 &gt; 2 &gt; 3 &gt; 4 &gt; 4th Lap: 1 &gt; 2 &gt; 3 &gt; 4 &gt; FINISH</p>
<p><b>When making turns, the buoys must always be on your LEFT</b></p>		



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## The Schedule

EVENT		WAVE START TIME
101	1.5km Championship – Men (non wetsuit)	0800
102	1.5km Championship – Women (non wetsuit)	0805
201	1.5km Recreational – Men (wetsuit)	0810
202	1.5km Recreational – Women (wetsuit)	0815
103	2.5km Championship – Men (non wetsuit)	0900
104	2.5km Championship – Women (non wetsuit)	0905
203	2.5km Recreational – Men (wetsuit)	0910
204	2.5km Recreational – Women (wetsuit)	0915
105	5km Championship – Men (non wetsuit)	1030
106	5km Championship – Women (non wetsuit)	1035
205	5km Recreational – Men (wetsuit)	1040
206	5km Recreational – Women (wetsuit)	1045

### FINA Open Water Swimming competition rules will apply.

The current FINA Open Water Swimming Rules can be found here:  
[http://www.fina.org/sites/default/files/finaowrules\\_20152017.pdf](http://www.fina.org/sites/default/files/finaowrules_20152017.pdf)

### Swimsuit/Wetsuit, caps & goggles

All athletes competing in Open Water Championship (Non-Wetsuit) events must comply with FINA regulations in relation to swim suit, caps and goggles. Each athlete is responsible for providing their own swim suit and equipment for warm-up, competition and training.

Those athletes choosing to compete in the Open Water Recreational (Wetsuit permitted) event, must provide their own wetsuit.

All athletes competing in an Open Water event are required to compete in a swim cap. This will be provided by the WMG2017 Swimming Organising Committee. **Caps**

**Championship Division - Caps must be worn so that the numbering is at the front of the cap.**

### Open Water – Wetsuits

Wetsuits shall completely cover torso, back, shoulders and knees. They shall not extend beyond the neck, wrist and ankles. Wetsuits which fulfil this shape requirement can be accepted even if they do not bear a valid FINA label.

### Open Water – Swim Suits

Swimsuits should fulfil the shape requirement - shall not cover the neck, nor extend past the shoulder, nor extend past the ankle. Swimsuits must be made from textile materials. No additional items shall be regarded as part of the swimsuit e.g. no zips/zipper are permitted.

## Water temperature regulations

The Open Water event will comply with FINA regulations regarding water temperature -For events with water temperature below 20 Celsius, athletes may use either swimsuits or wetsuits. For events, less than 18 Celcius a wetsuit is mandatory.

## Average April Auckland sea temperatures

Max: 20.8°C / 69.5°F

Avg: 19.6°C / 67.2°F

Min: 18.3°C / 64.9°F

<https://www.seatemperature.org/australia-pacific/new-zealand/north-shore-april.htm>

## Athlete Numbering

Upon arrival at the venue please proceed to the registration tent for check in and Registration. Championship Athletes will need to present themselves at registration with their numbers already applied, so please have a friend or team mate do this for you. Marker pens will be available at the registration area for this. Numbering will be checked by the registration team as part of the competition registration process.



**Championship** division athletes need to be numbered in the following places: the arms, upper backs and hands. On the arms the numbering needs to be arranged vertically. Numbering needs to be approx. 100mm high x 60mm wide.

**Recreational** division athletes need to be numbered on their hands only.

For athletes with darker skin a white marker should be used or if wetsuits are required a pastel crayon must be used on the wetsuit - it can be removed with warm soapy water after the event.

## Timing Chips



Timing chips for the Open Water event can be collected from the Pool venue (AUT Millennium) on 26 and 27 April. Following this, collection will be available at Takapuna Beach Reserve on Saturday 29 April and on the morning of the event (Sunday 30 April).

Timing chips must be worn on the wrist, and are **NOT** permitted to be worn on ankles.

*\*Athletes who lose or fail to return their timing chips will incur a NZD\$50 replacement fee.*

## Event Safety

8 Safety Craft equipped with lifeguards and 4 Officials boats will be on the course during the races. If at any time Swimmers get into difficulties, feel unwell, exhausted or do not wish to continue they should float on their back and raise their arm. A safety craft will come to them and remove them from the water. Swimmers will be evacuated to the boat ramp area where medical personnel will be available to evaluate the swimmers and take the appropriate medical actions necessary. In the event of a Swimmer needing Hospital attention, the nearest hospital is North Shore Hospital, less than 10 minutes by road from the venue.