

**EAGLE TECHNOLOGY – RANGITOTO SWIM
ORGANISED BY AUCKLAND CENTRAL MASTERS SWIMMING INC
RANGITOTO HARBOUR SWIM - SUNDAY 21st MARCH 2010
RANGITOTO ISLAND TO ST HELIERS BAY BEACH - 4.6KM**

PO Box 90-934
Auckland Mail Centre

Dear Competitor,

Thank you for your entry for this swim, this has been accepted on receiving payment. We include below our instructions and points of interest that will help ensure that your swim is safe and enjoyable for all. Remember, the purpose of the swims is for personal achievement and the promotion of fun, fitness and water safety through open water harbour swimming.

For many swimmers this swim is the culmination of much training, endurance and personal goal achievement. Congratulations on your efforts to date.

A very special welcome to those from outside Auckland and our overseas entrants.

Entries are limited to approximately 500 by the space available on the ferry. **Places are limited for any late entries.**

PLEASE READ THESE INSTRUCTIONS VERY CAREFULLY

Instructions

- 1 While every endeavour will be made to ensure your safety neither Auckland Central Masters, nor its sponsor, Eagle Technology will accept liability for any misadventure or accidents. All swimmers enter and swim at their own risk. If you have any doubts about your physical condition you should consult your Doctor.
- 2 **Point of Assembly. Please assemble at 6.45 am in Quay Street along from the Ferry Buildings at the entrance to the Maritime Museum at the 'KZI' yacht by Hobson Wharf.** This is where you will be issued with your swimming numbers and given your ticket for the Ferry to Rangitoto Island.

It is absolutely important that all registered entries have reported in by 7.15 am or risk losing their place on the boat. Sorry - no refunds.
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- 3 **Boarding Preparation.** Before you are asked to move toward the Ferry Buildings can you please ensure the following:
 - a) Please leave all unnecessary clothing and gear with your friends or in the truck marked for clothing/baggage to be delivered to St Heliers.
 - b) During the swim all swimmers must wear the cap supplied (FREE) at checking in time
 - c) Swimmers will only be allowed to board the ferry wearing their togs/wetsuits/jandals (not shoes), a t-shirt, swimming caps, and carrying small personal effects. **Each swimmer must provide a small plastic bag** for personal storage of these items which will be transported to the finish by boat. Space and handling of gear from Rangitoto via the small boat is at a premium. Please respect this request as any additional gear is not guaranteed of coming back.
 - d) No swimmers are allowed to apply any greases or lotions **prior to boarding** or **during** the ferry trip over. You will have time to apply these at Rangitoto before the start.
 - e) You will be told when to proceed toward the Ferry Buildings and prepare for boarding. Before boarding you will be asked to surrender your ticket. **NO TICKET, NO BOARDING, NO EXCUSES!!!**
- 4 **Departure**
 - a) **In order to accommodate late entries some swimmers will be dispatched on a scheduled ferry leaving at 7:30 am. Boarding for this sailing starts at 7:05am**
You will be advised and will receive a special ticket for this ferry when you register.
Make sure you are on this ferry. There will not be room for you on the later sailing.
 - b) Most competitors will board at 7.45 am. The Ferry will then leave for Rangitoto at approximately 8:15 am.
 - c) Only participating swimmers will be allowed on the Ferry.

5 Arrival at Rangitoto Wharf

- a) Please get yourself ready for the start of the swim as soon as possible (ie. greasing up, wetsuits and pack your own **small** plastic bag).
- b) At this stage you will be told the final instructions for getting ready to start the swim (ie. your groups, luggage and entry into the water).
- c) Please ensure you leave Rangitoto tidy. Make sure you put all rubbish in bins provided.
- d) The swim will start at or about **9.30 am from the Rangitoto Wharf**.

6 During the Swim

- a) No swimmer will be allowed to be personally escorted across the harbour by their own canoe or boat. This creates a hazard to official support vessels and other swimmers and gives an unfair advantage if with leading swimmers.
- b) Should you require assistance during the swim please raise one arm to attract attention before you become too exhausted.
- c) If any swimmer is not making suitable progress across the harbour they will be removed from the water at the Coast Guard's and/or the organisers discretion. Pick up time approximately 2.5 hours after start.

7 At the Finish.

The finish this year is in the middle of St Heliers Bay Beach. An orange flashing light will signal the finish line. Refreshments and prize giving will be in the **VELLENOWETH GREEN** the reserve opposite the changing sheds on the other side of Tamaki Drive

- a) As you finish your number and time will be recorded. **Do not interrupt or ask your time** from the Timekeepers. All results will be available at the completion of the swim and on the Website www.aucklandharbourswims.org.nz and www.eagle.co.nz
- b) If you wish to receive a certificate, give your name, also at the registration table and it will be posted free of charge. There are no hot showers available for the swimmers at the finish of this swim. However, there are changing sheds and a cold shower. Please take warm clothing for after the swim. This should include a hat, sun block, etc. Collect your bags/gear from the designated area.
- c) St Johns ambulance people will be in attendance at the finish if you require them.
- d) There will be a Barbecue at the completion of the swim where the prizes will be announced and handed out.
- e) ***If you wear a wet suit you will not be eligible for Eagle Technology Cups. However there will be spot prizes. A special wet suit division is included.***
- f) At the completion of the swim Eagle Technology and Auckland Central Masters Swimming have combined to give a gift to all those who have completed the swim.

8 Cancellation

Will be broadcast over Newstalk ZB and on www.aucklandharbourswims.org . Unfortunately, as all suitable tides after this event will clash with other harbour events, we have not been able to arrange an alternative date should we have to cancel due to adverse conditions (see cancellation conditions on entry form).

9 Extra Information

- ask your friends, or if all else fails check the website www.aucklandharbourswims.org.nz or - phone Geoff Carter a/h on: 09-443-0824 or 021-822-578. Don't leave it to the last minute.

10. And finally – Good Luck. See you at the swim (and hope your eyesight is still ok after having read the small print!).

EAGLE TECHNOLOGY Rangitoto Swim 4.6km

Rangitoto to St. Heliers Bay
Sunday 21st March 2010

Assemble 06:45am Embark 7:45am Sail 8:15am
Arrive Rangitoto 8:55am Start 9:30am, Tide 12:04Pm.
Finish center of St Heliers Beach