

# EVENT INFORMATION GUIDE



# INDEX

TOPIC	PAGE NO.
Schedule	3
Race course	4
Pre-Race	6
Race Day	7
Event rules	8
Safety	15



## LOCATION Bambolim Beach

Continue past hotel Grand Hyatt Goa, at the end of the property a public access road to the beach (pedestrians only) can be found on the right. Continue towards the beach and turn left at the bottom of the stairs . . . you have reached The Goa Swimathon 2019!

Parking is available for swimmers at [Casa de Bambolim](#) (approx. 300 m before the public access road to the beach on the left)

## SCHEDULE

### 23<sup>rd</sup> March 2019 (Saturday)

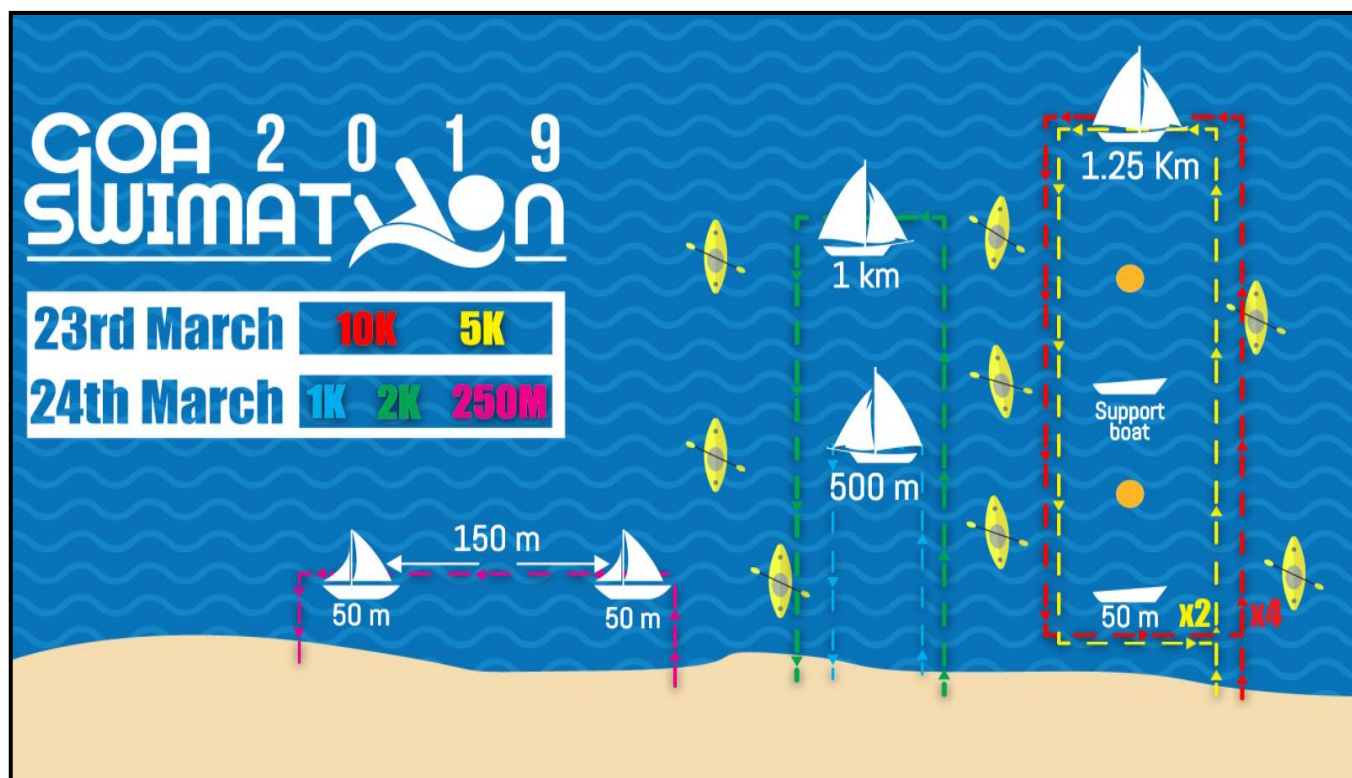
5 a.m. - 6.15 a.m.	10 km swimathon - Race kit pick up, attendance and arm marking of race numbers
6 a.m. - 7.15 a.m.	5 km swimathon - Race kit pick up, attendance and arm marking of race numbers
6.30 - 6.45 a.m.	Line up of 10 km swimathon swimmers on the beach
6.45 a.m.	10 km swimathon flag off
7.30 - 7.45 a.m.	Line up of 5 km swimathon swimmers on the beach
7.45 a.m.	5 km swimathon flag off
11.15 a.m.	Cut-off time for 5 km swimathon
12.15 p.m.	Award ceremony
12.45 p.m.	Cut-off time for 10 km swimathon

### 24<sup>th</sup> March 2019 (Sunday)

5.30 a.m. - 7 a.m.	1 km swimathon - Race kit pick up, attendance and arm marking of race numbers
6 a.m. - 7.45 a.m.	2 km swimathon - Race kit pick up, attendance and arm marking of race numbers
7 a.m. - 7.15 a.m.	Line up of 1 km swimathon swimmers on the beach
7.15 a.m.	1 km swimathon flag off
8 a.m.	Cut-off time for 1 km swimathon
8 a.m. - 8.20 a.m.	Line up of 2 km swimathon swimmers on the beach
8.20 a.m.	2 km swimathon flag off
8 a.m. - 9.45 a.m.	250 m sprint - Race kit pick up, attendance and arm marking of race numbers
9.35 a.m.	Cut-off time for 2 km swimathon
10 - 10.15 a.m.	Line up of 250 m sprint swimmers on the beach
10.15 a.m.	250 m sprint flag off
11.15 a.m.	Award ceremony



## RACE COURSE



### 10 KM SWIM

Swimmers start from the beach and swim out a distance of 1.25 km to an anchored boat and back towards the beach to another anchored boat at 50 m. Swimmers are required to complete **4 loops** of the said course, thus totalling 10 km.

### 5 KM SWIM

Swimmers start from the beach and swim out a distance of 1.25 km to an anchored boat and back towards the beach to another anchored boat at 50 m. Swimmers are required to complete **2 loops** of the said course, thus totalling 5 km.

### 2 KM SWIM

Swimmers start from the beach and swim out a distance of 1 km to an anchored boat and back to the beach.

### 1 KM SWIM

Swimmers start from the beach and swim out a distance of 500 m to an anchored boat and back to the beach.

### 250 M SPRINT

Swimmers start from the beach, swim 50 m out, turn left at the first boat and swim 150 m parallel to the beach, turn left at the second boat and head back to the beach

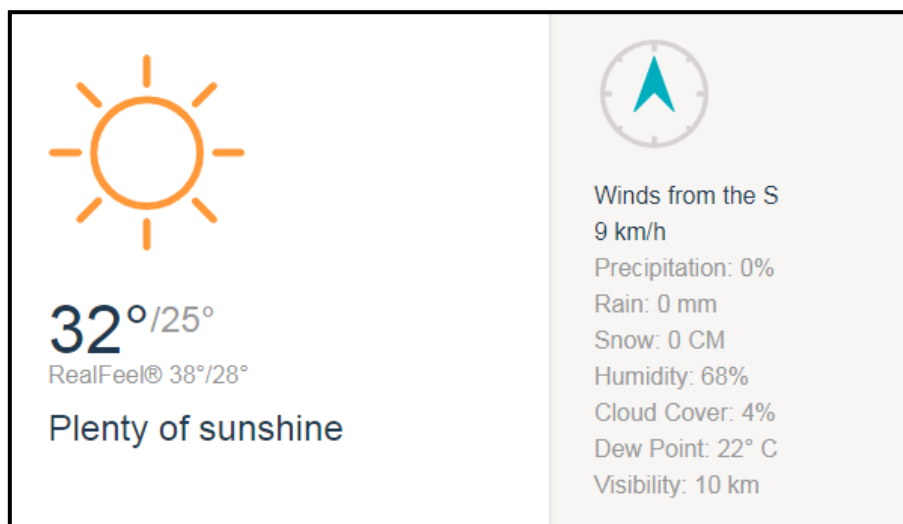
**IMPORTANT POINTS TO NOTE:**

- Parking is available for swimmers at [Casa de Bambolim](#) (approx. 300 m before the public access road to the beach)
- A coach/mini-van will be available to transport swimmers staying at the International Centre Goa and Bay 15 to the event location at 5.30 a.m. on 23<sup>rd</sup> March and 6 a.m. 24<sup>th</sup> March 2019. Kindly note that swimmers will need to arrange their own transportation back to the hotels.

Tide chart available at <http://www.tides4fishing.com/as/india/mormugao>

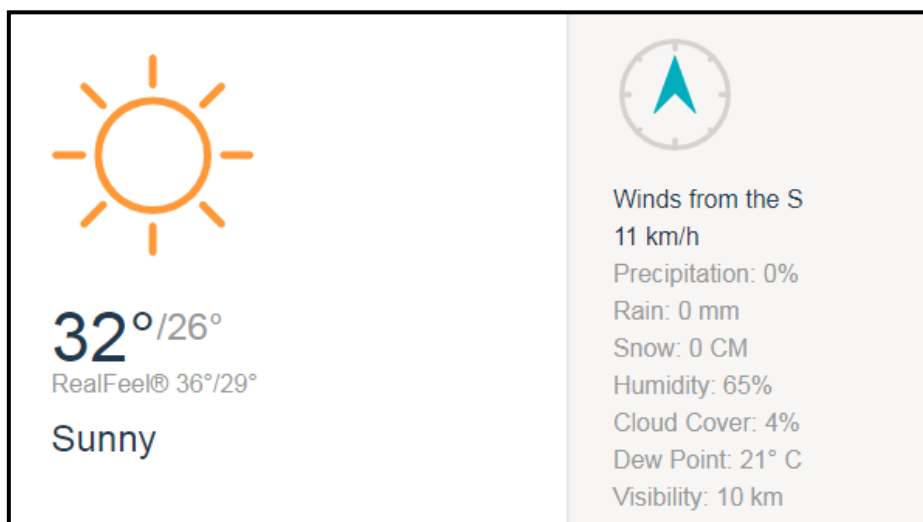
**On Saturday, 23<sup>rd</sup> of March 2019:**

- The sun will rise in **Mormugao** at **6:37 h** and sunset will be at **18:46 h**. In the high tide and low tide chart, we can see that the first **high tide** will be at **0:13 h** and the next **high tide** at **12:48 h**. The first **low tide** will be at **6:21 h** and the next **low tide** at **18:35 h**.
- The average water temperature will be **27-28° C**.



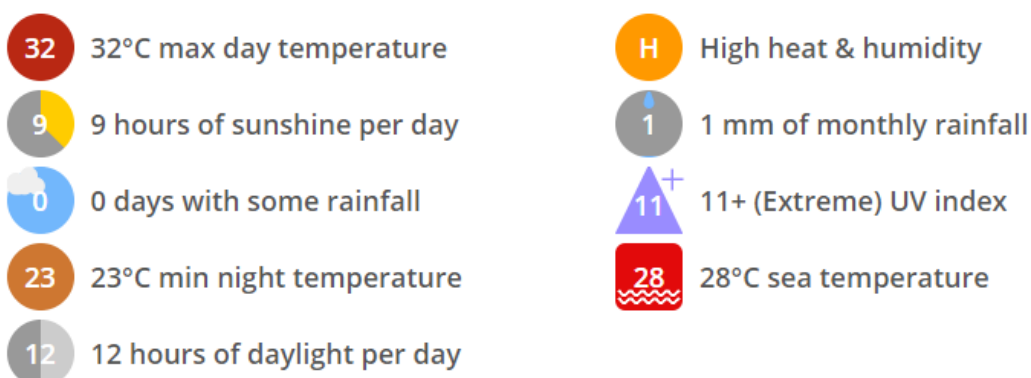
**On Sunday, 24<sup>th</sup> of March 2019:**

- The sun will rise in **Mormugao** at **6:36 h** and sunset will be at **18:46 h**. In the high tide and low tide chart, we can see that the first **high tide** will be at **0:47 h** and the next **high tide** at **13:34 h**. The first **low tide** will be at **7:01 h** and the next **low tide** at **19:16 h**.
- The average water temperature will be **27-28° C**.



- Early morning sea conditions from 6.30 a.m. to 8.30 a.m. are relatively flat and calm with very little to no wind and waves. Post 8.30 a.m. to 10 a.m., a slight increase in winds with slight waves and chop is expected. After 10 a.m., the winds increase considerably and one can expect moderate winds with larger white capped waves. Swimmers in the water post 10 a.m. need to exercise extra caution and constantly be aware of their surroundings.

## Goa weather in March 2019



### 11 or more: Extreme

A UV Index reading of 11 or more means extreme risk of harm from unprotected sun exposure. Take all precautions because unprotected skin and eyes can burn in minutes.

- Try to avoid sun exposure between 10 a.m. and 4 p.m.
- If outdoors, seek shade and wear protective clothing, a wide-brimmed hat, and UV-blocking sunglasses.
- Generously apply broad spectrum SPF 30+ sunscreen every 2 hours, even on cloudy days, and after swimming or sweating.
- Watch out for bright surfaces, like sand, water and snow, which reflect UV and increase exposure.

## PRE-RACE

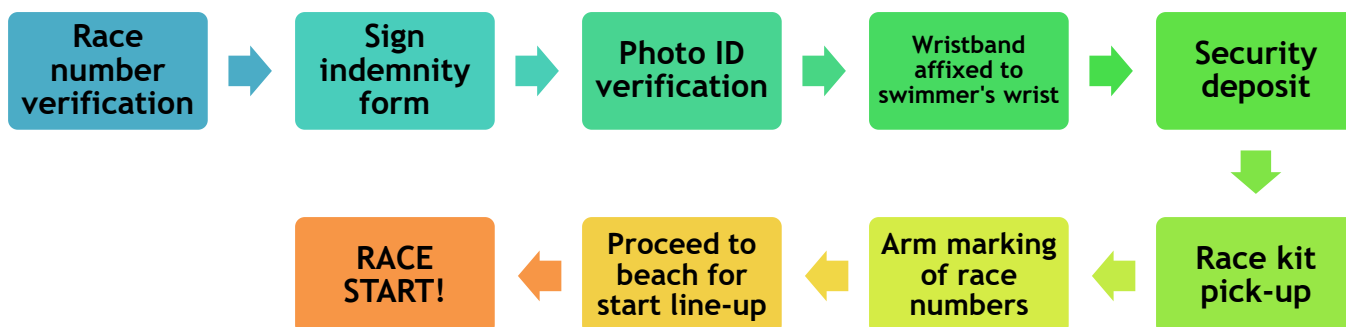
### PRACTICE SWIM SESSION:

[The Goa Open Water Swimming Club](#) will be organizing short (30 min) practice swims in order to familiarize the swimmers with the water conditions. A brief orientation will be given to the swimmers with small groups taken out at a time. Limited slots available only!

DATE	TIME	INSTRUCTORS
21 <sup>st</sup> March 2019	4 - 4.30 p.m.	Aamod Shirali + Nicole Pavri
	4.30 - 5 p.m.	
22 <sup>nd</sup> March 2019	5 - 5.30 p.m.	Elias Patel + Minal Kansara
	5.30 - 6 p.m.	
23 <sup>rd</sup> March 2019	4 - 4.30 p.m.	Minal Kansara + Nicole Pavri
	4.30 - 5 p.m.	



## RACE DAY



### RACE KIT PICK UP:

It is **mandatory** for the swimmer to collect his/her race kit personally during the scheduled times. Make sure you know your race number **before** coming to pick up your kit. You will have to check and confirm your data. Race kit pick-up will be available only on race day. Swimmers who have not picked up their race kit within the specified times will not be allowed to participate in the race.

Swimmer must carry with him/her:

- Photo ID proof
  - In case of a minor (< 18 years of age), a parent or guardian will require to provide ID proof as well. Guardians will need to hand over a letter from the parents of the swimmer stating that they are authorized to sign the indemnity form for the swimmer on the behalf of the parents.
- Confirmation email from Enduro Sports Goa (The Goa Swimathon is a green event and we encourage swimmers to make use of digital modes of communication as far as possible. Kindly refrain from printing emails/registration tickets/photo ID etc. Our team will be happy to verify the same on your mobile phone/tablet.)

Failure to comply with the above rules for race kit collection will result in **immediate disqualification**.

The swimmer wristband will identify you as an official swimmer and must be worn on race day. The wristband allows you access to the race kit pick-up, swimmer refreshments and breakfast counters. Please do not remove your wristband until after the event.

For security reasons, swimmers are requested to come to the race without any baggage. It is strongly recommended that you do not leave valuables like mobile phone, camera, jewellery, watch, electronic gadgets, etc. in the bag stored. A luggage deposit area will be available at Sand and Sea restaurant, which will require all bags to be signed in and signed out by swimmers. Organizers however, are not responsible for any loss of baggage and/or its belongings.

## EVENT RULES

Each swimmer may take part in ONLY one long distance race per day (i.e., 5 km or 10 km on 23rd March 2019 and 1 km or 2 km on 24th March 2019) in addition to the 250 m sprint.

SWIMMER CATEGORIES								
250 m Sprint	1 km Swimathon		2 km Swimathon		5 km Swimathon		10 km Swimathon	
AGE GROUP ONLY	OPEN	AGE GROUP	OPEN	AGE GROUP	OPEN	AGE GROUP	OPEN	AGE GROUP
Sub-juniors (8-13 years)		Juniors (12-24 years)		Juniors (14-24 years)		Juniors (16-24 years)		Juniors (18-24 years)
Juniors (14-24 years)		Seniors (25-39 years)		Seniors (25-39 years)		Seniors (25-39 years)		Seniors (25-39 years)
Seniors (25-39 years)		Veterans (40 + years)		Veterans (40 + years)		Veterans (40 + years)		Veterans (40 + years)
Veterans (40 + years)								

Age cut-off is as per current age on or before 31<sup>st</sup> December 2018. Anyone under the age of 18 years needs to get the entry form signed by a parent/guardian. The swimmer's guardian must provide a letter from the parents of the swimmer stating that the guardian is authorized to sign the indemnity form on the behalf of the parents.

**Open category:** This category is gender segregated and open for any swimmer above the minimum age limit for the respective race and fulfilling eligibility criteria. There is no upper age limit. Three men's and three women's winners will be declared in the open category for each race. Winners will receive trophies and cash prizes.

**Age group category:** This category is gender segregated and open for any swimmer within the specified age limit for the respective race and fulfilling eligibility criteria. Three men's and three women's winners will be declared in the age group category for each race. Winners will receive trophies only.

The registration form and the right to participate in the event and the rights and benefits available to the swimmer is at the sole discretion of Enduro Sports Goa and **cannot be transferred to any other person or event under any circumstance**. The actual swimmer alone shall be entitled to the rights and benefits arising out of such confirmation of participation.



## RACE OFFICIATING

### **Powers of the Head Referee:**

The Head Referee has the power:

- a. To interpret and enforce the race rules and any other regulations or policies of Enduro Sports Goa
- b. To supervise and control the general conduct of all swimmers and to intervene during the race at any stage to ensure that the race rules are observed
- c. To make decisions with respect to any race-related situation before, during, and/or after the race (including situations not specifically covered in the race rules)
- d. To instruct, direct, assign duties to, and delegate authority to all other Race Officials
- e. To overrule the Race Director and any Race Official on any point of interpretation of the race rules

### **Race Officials:**

Race Referees will follow all instructions of the Head Referee and the Race Director. Race Officials shall have jurisdiction over all persons in their respective areas of assignment and shall enforce the race rules.

### **Head timer:**

The Head Timer is responsible for collecting and processing all data relevant to the calculation and determination of official race results.

## ATHLETE CONDUCT

### **Every swimmer must:**

1. Practice good sportsmanship at all times
2. Be responsible for his/her own safety and the safety of others. No swimmer shall endanger herself/himself or another swimmer. Any swimmer, who intentionally or recklessly presents a danger to any swimmer or who, in the judgment of the Head Referee, appears to present a danger to any swimmer will be **disqualified**.
3. Know, understand and follow the event rules as stated in this information guide
4. Wear the official event swimming cap and timing band at all times during the race. Swimmers found to have interchanged their timing band with another swimmer, will result in **disqualification** of both swimmers from the event and they shall not be allowed to apply or participate in subsequent editions of the event. Please note that if the timing band is not worn as instructed; the swimmer will not receive an official finish time, medal and e-certificate.
5. Treat other swimmers, Race Officials, volunteers, spectators and the public with respect and courtesy. Swimmers shall refrain from pushing and shoving other swimmers either at the start, the finish or during the race. Observance of any hostile behaviour will lead to immediate disqualification.
6. Avoid the use of abusive language
7. Inform a Race Official after withdrawing from the competition. Failing to do this may result in a ban from subsequent events.
8. Compete without receiving assistance other than from event personnel and Race Officials
9. Avoid displaying any kind of demonstration of political, religious or racial propaganda

10. Not dispose of trash or equipment around the course except at clearly identified places. Intentional or careless littering will result in a time penalty or **disqualification**.
11. Not gain or attempt to gain an unfair advantage from any vehicle or object
12. Follow the prescribed course. It is the swimmer's responsibility to know the course. Swimmers must cover the prescribed course in its entirety. Failure to do so will result in a DNF. **If a swimmer must exit the course, he or she shall re-enter the course at the same point of departure before continuing.** No adjustments in times or results will be made, for any reason whatsoever, for swimmers who fail to follow the proper course.
13. Not use any device that will distract the swimmer from paying full attention to their surroundings. Using a device in a distracting manner will result in **disqualification**.
14. Avoid indecent exposure and public nudity at all times during the event. Indecent exposure/public nudity will result in a **disqualification**.

#### **Outside assistance:**

The assistance provided by Race Officials and volunteers is allowed but is limited to providing drinks, nutrition and medical assistance and other necessary assistance (as may be approved by the Race Director and the Head Referee).

No swimmer shall accept from any person outside the race physical assistance in any form, including food, drink, equipment, support and pacing unless an exception has been granted and approved in writing by Enduro Sports Goa. **Any swimmer found to receive unauthorized assistance will be time penalised by 5 minutes or disqualified depending on the nature of the assistance.**

Unless otherwise pre-approved by the Event Director or Head Referee, no swimmer shall intentionally physically assist the forward progress of another swimmer on any part of the course. This will result in both swimmers being disqualified.

#### **Health:**

To be able to compete, swimmers should be in excellent physical condition. Their health and welfare is of paramount importance. By starting in a competition, the swimmers declare they are in good health and are in appropriate physical condition to complete the competition. **The Race Director, Race Officials and organizers reserve the right to stop any swimmer from participating who is found medically unfit to continue in the opinion of the medical personnel.**

#### **RACE FINISH, TIMINGS AND RESULTS**

Swimmers are to participate only in the race category for which they had applied and for which their entry has been confirmed. The entry and timing band are not transferable to any other person under any circumstance.

Swimmers taking part in both the 250 m sprint as well as the 1 km or 2 km swims will need to complete the 1 km or 2 km event before the scheduled start time of the 250 m sprint. Organizers are not responsible for the swimmer's 250 m entry if they do not finish within the given time. The start of the 250 m sprint will **NOT** be delayed to accommodate late finishers

**Timing:**

All the races will be electronically timed by Alpha Racing Solutions. Swimmers will receive in their race kit:

1. Wrist band (water proof)
2. Official event swimming cap (wearing of the swimming cap is compulsory - failure to do so will lead to **disqualification**)

Wrist bands are to be worn on the **LEFT** wrist **ONLY**. The band will have the timing chip(s) attached to it.

Please ensure you fasten it securely before the race. It may be a velcro band or sticker tape band depending on the distance you are swimming. In the unlikely situation that the timing band falls off during the swim, the swimmer is required to report the same to the closest anchored boat only.

Swimmers swimming a distance of 250 m, 5 km and 10 km will be given returnable bands with red rubber casing. **These swimmers need to pay a deposit of Rs 500 to the timing team at the time of collecting their race-kits.** They need to return the band to the timing team after the race and collect the deposit.

The turn around boats for 1 km, 2 km, 5 km and 10 km events will have antennas installed on them. The swimmers **MUST** pass close to the boats (not more than 5 feet) and raise their left hand once they are close to the antenna so as to ensure a proper reading. They are required to do this each time they pass the turn around boats.

At the finish line, swimmers need to ensure that they pass the finish line antenna from close distance to record their timing. On completion of the race, swimmers are requested to avoid walking back across the finish line to avoid erroneous readings at the timing mat/radar situated at the finish.

Loss of the timing band prior to the race by the swimmer will lead to **disqualification**. No requests for duplicate/new bands will be entertained.

**Race finish:**

The race will be won by the swimmer who has the shortest time from the start signal to the moment when the swimmer finishes the race. The official results will list the swimmers according to their finish time. Medals will be given to all swimmers who complete the course. E-certificates will be given to all swimmers who successfully complete the course within the cut-off timings.

The Head Referee, in consultation with the Head Timer, will use all resources reasonably available to decide the final position of every swimmer. Information from technology may be used to assist in the decision-making process. The Head Referee or Head Timer may decide, based on the available evidence, that a race is tied if there is no reasonable way of clearly determining which swimmer crossed the line first.

There are specific finish cut-off timings for each race. Results will be official once the Head Referee signs them. Incomplete results can be declared official at any time; and results will include the following:

1. Swimmers who do not finish the competition (DNF)
2. Not making the cut-off time (DNQ)
3. Those who are disqualified (DQ)
4. Swimmers which did not start (DNS)

\* Final results will be listed for DNQ swimmers - however, they will receive participation certificates only. DNF swimmers will be listed on the result page as DNF. For DQ swimmers, the final results will not be displayed.

CUT-OFF TIMINGS		
RACE	TIMING	DNQ
10 km Olympic swimathon	6 hrs	Finish after 6 hrs
5 km half-Olympic swimathon	3.5 hrs	Finish after 3.5 hrs
2 km swimathon	75 min	Finish after 75 min
1 km swimathon	45 min	Finish after 45 min

Provisional timings will be sent to each swimmer via SMS within 30 minutes of completion of the race. Provisional timings will be available on the Enduro Sports Goa website ([www.endurosportsgoa.com](http://www.endurosportsgoa.com)) 48 hrs after completion of the race. Any protests/appeals will need to be submitted via email ONLY to [endurosportsgoa@gmail.com](mailto:endurosportsgoa@gmail.com) within 48 hrs of online display of provisional timings. No protests/appeals will be accepted after this time period. The decision of the Race Director and the Head Referee shall be final and binding.

Final timing results will be displayed on the website on 29<sup>th</sup> March 2019.

All swimmers in the open category are to carry their NEFT bank details for prize money transfer (which will be completed within 90 working days after the event).

**Right of protest or appeal:**

The swimmer's right to protest or appeal, if any, will be governed and handled by Head Referee in consultation with the Race Director.



## RACE COURSE

The start is a mass start and swimmers are advised to place themselves according to their realistic swim times. Those who swim slower should stay towards the back of the line-up.

DO NOT enter and begin the swim from any other point - failure to follow these instructions will lead to **disqualification**. The competition is land start and land finish type.

Organizers reserve the right to change the said course at any time, this may arise due to construction activity, security and safety reasons, non-compliance from government authorities or any other reasons the organizers deem fit.

Trash bins will be set-up on the beach and will be available on the boats. Bottles, wrappers etc. are to be disposed in the trash bins only and are not to be discarded on the beach or water. **Enduro Sports Goa has a strict litter free policy and any swimmer found littering by a Race Official will be time penalised by an addition of 10 minutes to their final swim time.**

AID/HYDRATION STATIONS		
RACE	LOCATION	STOCK
5 and 10 km Olympic swimathon	Boat at turn-around point A (50 m from shore)	Water Enerzal Fresh fruit
	Boat at mid-point B (600 m from shore)	Water Enerzal
	Boat at turn-around point C (1.25 km from shore)	Water Enerzal Fresh fruit First aid
2 km swimathon	Boat at turn-around point A (500 m from shore)	Water
	Boat at turn-around point B (1 km from shore)	Water
1 km swimathon	Boat at turn-around point A (500 m from shore)	Water
1 km, 2 km, 5 km and 10 km swimathons	Kayaks	Water
All races	Beach	Water Enerzal Fresh fruit Post-race breakfast

**SWIMMING CONDUCT**

1. **Obey lifeguard's (Drishti Marine) instructions completely and immediately. Failure to do so will result in immediate disqualification.** Any swimmer who is deemed unfit to continue the race by the lifeguards, Safety Officers or the Race Officials will be brought back to the shore. Even if the swimmer protests about being pulled from the water, the authority of the Safety Officers is final. Failure to comply will lead to immediate disqualification and such a swimmer will not be allowed to apply or participate in subsequent editions of the event.
2. Every swimmer is responsible for his/her safety and will inform the organizers if they have any pre-existing problems that could be dangerous in the sea. Swimmers to ensure adequate hydration at all times.
3. Swimmers are required to exercise caution and use common sense if they select to swim prior to the event and to be mindful of underwater hazards. Keep in mind that this is a natural body of water and is subject to hidden hazards including, but not limited to: currents, underwater obstructions, tides, rip currents and indigenous marine life.
4. The swim course will be clearly marked and identified with swim buoys and boats. Every swimmer needs to swim to the **right hand side** of the swim buoys/boats at all times. The swim course is a linear course, wherein swimmers swim out to a clearly marked turn-around anchored boat (fitted with timing radar) and continue with their loop.
5. Each swimmer must wear the official event swimming cap provided in their race kit. Failing to wear a swim cap at all times will result in **disqualification**.
6. Swimmers will need to have their race number marked on their arms prior to race start with the timing band to be worn around the left wrist.
7. Wearing swim goggles or a face mask is neither prohibited nor required. A personal swim buoy is allowed to be used in the 5 km and 10 km races ONLY.
8. The use of snorkels, fins, gloves, paddles or individual paddlers or escorts is prohibited (unless pre-approved in writing by Enduro Sports Goa) and will result in a **disqualification**. No private boats/ water craft will be allowed in the water during the course of the event. Any swimmer found to be accompanied by water craft/non-registered swimmer will be **disqualified**.
9. Wetsuits are not allowed to be worn during the swim. Wearing a wetsuit in our warm waters ([27-28° C](#)) will cause a swimmer to dehydrate and overheat rapidly.
10. Head-up swimming **only** allowed (no prolonged underwater glides)
11. If a swimmer needs rest or water, he is to signal the nearest kayak who will assist him with a floatation device, swimmers are NOT allowed to hold onto moving kayaks/jet-skis. Swimmers may also rest by holding onto the buoys/anchored boats.
12. Any assistance during the swim will result in **disqualification** if forward progress was made. Swimmers are permitted to use kayaks, jet-skis and boats as aid, as long as no forward progress is made i.e., water craft must be stationary. Safety Officers, Race Officials and medical personnel reserve the right to remove swimmers from the course if such removal is determined medically necessary.
13. Swimmers are to exit the water at the designated area and make sure to run through the timing mat/radar ONLY
14. Fresh water shower will be available to swimmers at Bambolim Beach Resort
15. No swimming under the influence of alcohol or drugs - swimmers found to be so influenced will be immediately **disqualified** from the event and shall not be allowed to apply or participate in subsequent editions of the event.
16. Headsets or headphones are prohibited during the race.

# SAFETY

## Safety Officers:

The Safety Officers have the power to:

- a. Cancel/abort an individual race or the entire event in agreement with the Race Director in the case of unforeseen circumstances which include but are not limited to risk to life of the swimmers, volunteers, organizers, Race Officials, lifeguards and safety crew and/or spectators
- b. Alter the swim course if deemed necessary due to prevailing weather and tidal conditions
- c. Remove any swimmers from the course deemed unfit to continue the race

## Safety and Rescue:

Drishti Marine will handle sea safety of the event with adequate number of lifeguards, jet skis and rescue boards. Obey lifeguard (Drishti Marine) instructions completely and immediately. Failure to do so will result in immediate **disqualification**.

Any swimmer who is deemed unfit to continue the race by the lifeguards, Safety Officers or the Race Officials will be brought back to the shore. Even if the swimmers protest about being pulled from the water, the authority of the Safety Officers is final. Failure to comply will lead to immediate disqualification and such a swimmer will not be allowed to apply or participate in subsequent editions of the event.

Kayaks will constantly patrol the swimming zone for the duration of the race (i.e., within race cut-off timings only). Kayaks will carry a flotation device and drinking water. Swimmers are not allowed to hold onto moving kayaks.

In case a swimmer needs any help, medical attention or wants to be picked up in the middle of the race, he/she should signal (raise the hand above the water) to nearest kayak/jet-ski/anchored boat until he/she is approached by a lifeguard or a race official.

## Medical assistance and emergencies:

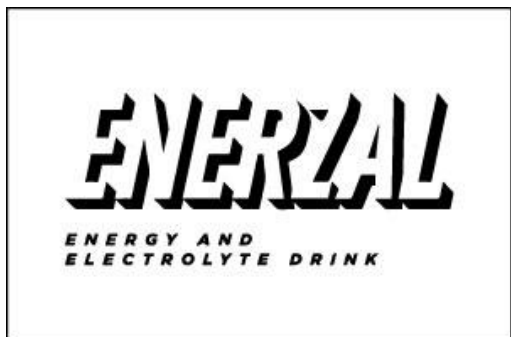
Manipal Hospitals, Goa will provide a dedicated doctor and paramedic who will be present on the beach for any swimming related incidents throughout the period of race. A dedicated ambulance will also be on stand-by at the event venue.

Organizers reserve the right to stop any swimmer from participating who is found medically unfit to continue in the opinion of the medical personnel.

For further information regarding safety in the sea, please visit our [YouTube channel](#).

**First-time sea-swimmers are to inform the event personnel during race kit pick-up.**

## THE SPONSORS OF THE GOA SWIMATHON 2019



ENERGY DRINK PARTNER



SWIM CAP PARTNER



GENERAL PARTNER



MEDICAL PARTNER



GENERAL PARTNER



SAFETY AND RESCUE PARTNER



TRAINING PARTNER



DIGITAL MEDIA PARTNER



LOCATION PARTNER



PRODUCTION PARTNER