



INFORMATION FOR SWIMMERS

Welcome to our 26th Danger Swim and thank you for being a part of the event. We hope you enjoy the day.

CAP COLURS & APPROXIMATE START TIMES:

Event	Age	Male		Female	
		Start Time	Cap Colour	Start Time	Cap Colour
Even More Dangerous 5km (2 hour time limit)	Open	9.00	Blue 5	9.10	Fluro Pink 5
More Dangerous 2.5km	Open	9.00	Grey 2.5	9.10	Fluro Yellow 2.5
Danger 500m	10-17	11:00	Yellow 500	10:30	Orange 500
	Open	11.00	Navy Blue 500	10.30	White 500
Danger 1000m	12-14	11.30	Red	11.30	Fluro Orange
	15-17	11.35	Light Blue	11.35	Dark Green
	18-29	1.20	Blue	1.20	Fluro Pink
	30-34	12.55	Red	1.00	Fluro Orange
	35-39	12.45	Blue	12.50	Fluro Green
	40-44	12.30	Black	12.40	White
	45-49	12.20	Yellow	12.25	Fluro Pink
	50-54	12.10	Light Blue	12.15	Dark Green
	55-59	12.00	Red	12.05	Fluro Orange
	60-64	11.50	Blue	11.55	Fluro Green
	65-69	11.45	Black	11.45	White
70+	11.40	Yellow	11.40	Fluro Pink	

TIMING:

Times are recorded using the timing tag found in the pack you collect from registration. If you entered multiple events, use the same timing tag for all events. GVSS swimmers will use the timing tag provided at the start of the season. The 5km swim is two laps of the 2.5km course.

Your race number will be written on your left hand as a further race finish check.

MARSHALLING:

10 minutes before your event, marshal on the sand near the start in the marshalling area. **Ensure your timing tag is secured to your wrist prior to marshalling** – if you have problems affixing your timing tag notify an official well prior to the start of your event. **Please maintain physical distancing in the marshalling area.**

START:

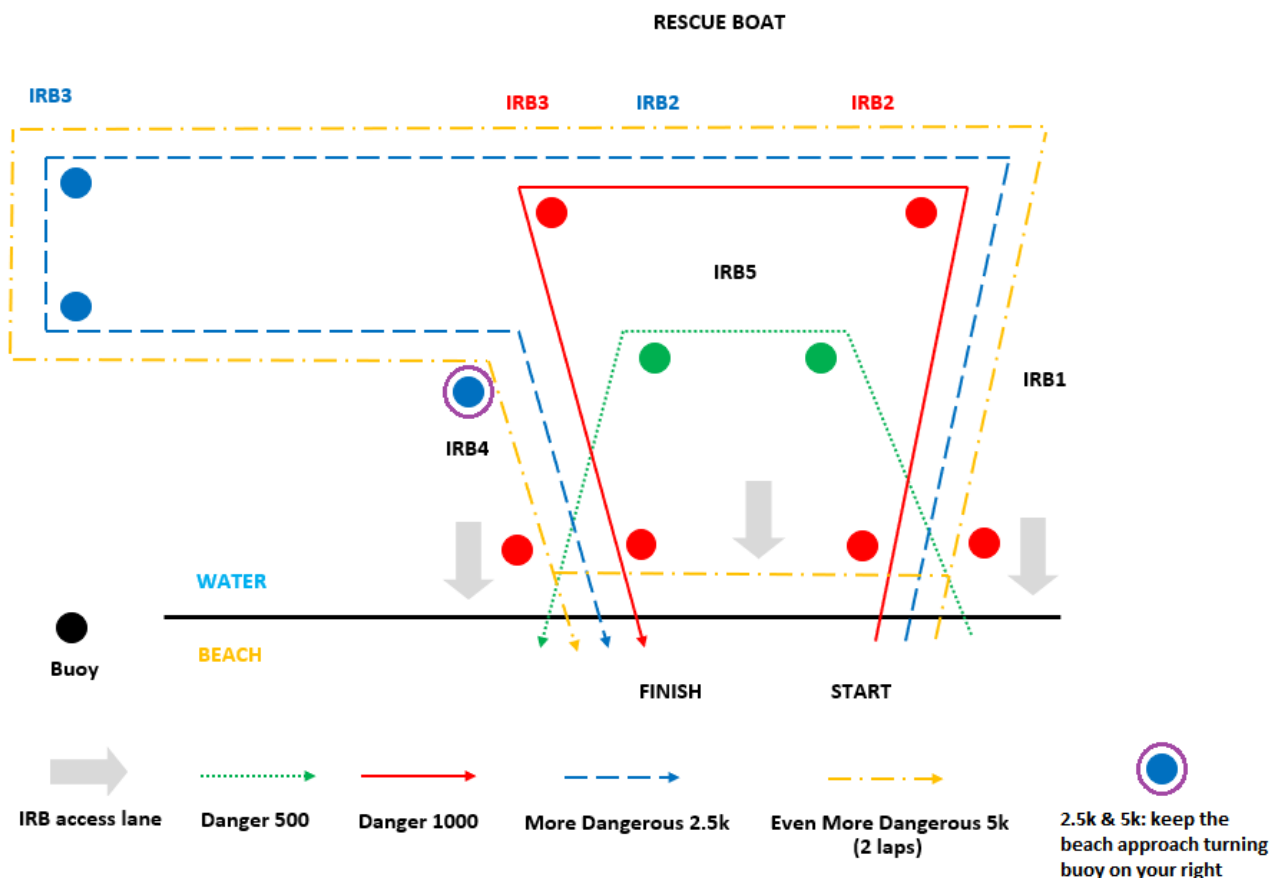
The Start Marshall will assemble and instruct swimmers **at the water's edge** prior to a 'shot gun' start.

COURSE:

You must enter the water and swim between the two red buoys located closest to the shore. Swim in an anti-clockwise direction **within 20 metres of the buoys**, keeping them on your left. 2.5k & 5k swimmers keep the beach approach turning buoy on their right (see Course Map). At the finish of the race, exit the water between the two red buoys located closest to the shore prior to heading for the finish line.

PLEASE BE COVIDSAFE AT ALL TIMES AND ENJOY YOUR SWIM !!

COURSE MAP:



FINISH:

The time clock arch is the finish line and you must **proceed quickly** up the finishing chute. Your finish time is recorded when you pass over the timing mats under the arch. Move forward to **remove your timing tag** and hand it to an official, then move away from the recording area to the drink station to avoid congestion. If you entered multiple events, keep your timing tag until the completion of your last event. Failure to return your timing tag will incur a charge of \$25.00.

PLACE GETTERS:

The first three male and female place getters will have a place-card put around their neck and will be required to remain at the finish area prior to moving to the centre stage for medal and prize presentations. The first five place getters of each category will have their names and race numbers taken by finish officials.

WATER SAFETY:

For your safety, Jan Juc SLSC will have many lifesavers spread around the course on rescue boards, surf skis and in Inshore Rescue Boats (IRBs – ‘Rubber Duckies’). All IRBs have propeller guards. Should you require assistance, either make your way to the nearest rescue board paddler or raise one arm in the air and a lifesaver will come to your aid. If necessary you will be transported back to shore in an IRB.

First Aid facilities are located on the beach and First Aid officers will be patrolling the waterfront.

Time limits are at the discretion of the Event Director and Water Safety Co-Ordinator. They have the authority to remove a competitor from the race if the competitor is judged to be physically incapable of continuing the race without risk to themselves or others, or is deemed unlikely to complete the swim within the specified time limit.

RESULTS:

Results will be published in The Geelong Advertiser on the Monday after the race, as well as on our website janjucsurfclub.com.au

The Jan Juc Surf Life Saving Club thanks you for supporting the Danger Swim Series in 2024