



The Aussie Ocean Swim 2016 **Saturday, 16 April 2015**

Swimmer information booklet

Race Start time

Start Time: 8:00am Finish Time: 10:00am
Start location: Mooloolaba Surf Life Saving Club, Mooloolaba Beach
Price: \$40 per competitor
Late Entry: \$50 per competitor
Race Day Registrations: open at 5:30am (close 7:30am sharp)

UPDATED: All competitors (members and non members) will be required to pay the \$40 entry fee

Entries are open to Surf Life Saving members and members of the public.
Entry categories include an Elite Category and five age divisions for both men and women.
Entry numbers will be capped at 500 competitors.

The Elite (Open Age) category will also be the inaugural Surf Life Saving Australian Championship 2km Ocean Swim with pointscore to be counted toward the Open Championships for eligible members of SLSA. All members of the public are able to enter the Elite category however only SLSA or affiliate Members are eligible for medals and pointscore.

All other age divisions are not Australian Championship events. Members of SLSA and the public are eligible to win these divisions.

Key Timings:

Mooloolaba Tides: High – 1.64m @ 4:06 am
 Low – 0.58m @ 10:51 am

Sunrise: 6:04 am

Registrations

- Swimmers can register online prior to the event through the Surf Life Saving Australia website www.sls.com.au/aussies/aussieoceanswim. Online entries are closed from Thursday 14 April at 5:00pm.
- Each swimmer is required to collect their swimmer pack prior to starting the swim. The swimmer pack includes your timing bracelet and a swim cap. Both of these items must be worn during the swim.
- The minimum age for entry into this swim is 15 years as at 30 September 2015. Full age categories are listed below.

Late entries

The website entry portal will be closed from 5:00pm on Thursday 14 April 2016.

After this time, late entries can only be completed on the day at the start.

To submit a late entry, arrive between 5:30am & 7:30am at the Mooloolaba Beach registration tables to complete the late entry form. These will be limited so avoid disappointment by registering online before the online entry portal closes.



Site and Course map

The 2km swim starts at Mooloolaba Beach and travels in a south easterly direction towards Point Cartwright for 1km and returns 1km to the start. This swim is a dry start and finish, meaning you will start on the beach at Mooloolaba and finish through the finish arch at Mooloolaba Beach. There will be 4 swim buoys gates to pass between along the course and there will be water safety along the way to assist if you require.

All swimmers must be out of the water by 10:00am. SLISA reserves the right to instruct swimmers to leave the water if they have not completed the swim by this time. If a swimmer continues SLISA cannot guarantee ongoing water safety support and it will be at the swimmer's own risk.





Age Categories:

The Aussies Ocean Swim shall be conducted over a 2km distances and in the following age categories:

MALE	FEMALE
Elite (Including Open SLSA Championship)	Elite (Including Open SLSA Championship)
Under 20	Under 20
20 – 29	20 – 29
30 – 39	30 – 39
40 – 49	40 – 49
50+	50+
Minimum age 15 years as at 30 September 2015	

All age categories are open to male and female participants. Your category for age divisions is determined by your age on the day of the swim.

Swimmers are only permitted to enter into one age category.



Surf Life Saving Australia Open 2km Swim Surf Championship:

The Elite (Open Age) category for males and females will be the inaugural Surf Life Saving Australia Championship Open 2km Ocean Swim.

To be eligible to win the Championship entrants must be a minimum of 15 years of age as at 30 September 2015 and have fulfilled all requirements for entry into the 2016 Australian Surf Lifesaving Championships as per the [Australian Surf Life Saving Championships Entry Circular No. 27/15-16](#).

Members of International Life Saving federation clubs will be eligible to enter the Elite division and win a duplicate Australian Medal as per [Circular 27/15-16](#),

Non-Members are eligible to enter the elite swim category but are not eligible to win an Australian Surf Life Saving Championship or SLSA Championship Medal. A non-championship medal or similar prize shall be awarded.

All other age divisions are not Australian Championship events and members of the public and SLSA members are eligible to win these divisions and be awarded a non-championship medal or similar prize.

Terms and Conditions of entry

All swimmers are required to agree to the event Terms and Conditions at the time of entry. SLSA members entering the Elite (Open Championship Age) event are also required to satisfy the requirements of SLSA [Circular 27/15-16](#). By participating in this swim, all swimmers are obliged to comply with the Terms and Conditions at all times. To review the Terms and Conditions, please go to the event details on www.sls.com.au/aussies/aussieoceanswim.

Wave sequence for the start of the swim

Why do we have waves?

- For swimmers and our water safety team, we need to limit numbers in the water at any one time;
- To ensure swimmers are within a category suitable for their age;
- To ensure fairness in competition and promote sportsmanship.

Wave Sequence

2km swim

Wave	Age Group	Time	Gender
Wave 1	Elite (SLSA Open Championship)	8:00am	Male
Wave 2	Elite (SLSA Open Championship)	8:03am	Female
Wave 3	U20	8:08am	Male and Female
Wave 4	20-29	8:11am	Male and Female
Wave 5	30-39	8:14am	Male and Female
Wave 6	40-49, 50+	8:17am	Male and Female

All wave start times are subject to change, depending on the number of entries received. Where required, Male and Female genders may be split or age group start times may be combined. Final waves will be confirmed on close of entries.



Transportation

It is strongly recommended that SLSA provided buses be used where possible to attend this event.

Parking in Mooloolaba area may also be limited due to the number of people traveling to this area for the Australian Titles.

There is no designated parking onsite for the swim and all participants are responsible for arranging their own parking if they decide to drive.

Buses to and from Mooloolaba Beach

The event organisers have arranged for buses to be running for the transport of swimmers to and from Mooloolaba Beach. The circuit will be from Maroochydore Surf Life Saving Club to Mooloolaba Surf Life Saving Club and back.

Please contact SLSA at events@slsa.asn.au for information on bus times.

Refreshments

Athletes will be provided with water, sports drink and fruit items upon completion of the race.

Presentation

The presentation of prizes to the winners, place getters in each age category, and any spot prizes will take place on the Australian Surf Life Saving Championships podium set up on Mooloolaba Beach.

We aim to host the presentation ceremony from 10:30am.

All the results from the swim will be posted on the notice board at the Presentations Building prior to the presentation.

After this, swim times and positions will be available from the event website.

Risk Warning Statement

All swimmers intending to swim in this event must pay attention to this announcement by the organisers of the Aussie Ocean Swim.

This is a demanding event. The Aussie Ocean Swim organisers cannot guarantee your safety. Possible risks include injury and/or drowning, due to being hit by other persons, objects or boats, other hazards include, sandbars, blue bottles and marine life. Swimmers enter at their own personal risk and are responsible for their own physical condition.

If you experience difficulties attract the attention of the water safety personnel: DO NOT PANIC, remain stationary, raise your arm and wait for assistance. A swimmer deemed incapable of completing the course may be brought to shore by the water patrol at any time.

When in the wave zone approaching the shore of Mooloolaba Beach, all swimmers should be aware of the breaking waves by looking behind.

Any swimmer who does pull out of the race must notify race officials on the beach immediately and return their timing bracelet.



While in the water, all swimmers must comply with the directions of the Water Safety Team.

It is the responsibility of the swimmer to inform themselves of the beach and water conditions before participating in this event.

Prior to completing their Entry Form all competitors must read;

[Terms & Conditions of Entry](#)

[Participant Declaration](#)