

Swim Pre-Race Meeting
June 27, 2014 - 6:00 p.m.
Smathers Beach, Key West, FL

I. Welcome to Swimmers

II. Housekeeping:

- A. All swimmers and escort boats/kayaks cared for? (Don, Katie)
- B. Any other urgent matters?
- C. US Coast Guard

III. Purpose of “Committee Boats”

- A. “Committee Boats” are concerned for the safety and assistance of all the participants (identified by yellow flags).
- B. Support people must be prepared to give the name and pennant number of your swimmer or team to the “spotters” stationed on both the Fleming Bridge and the Cow Key Bridge. This is roll call. The goal is an accurate count of our entrants.
- C. The personnel on the “Committee Boats” will also serve as umpires looking for infractions. Final decisions on disqualification will be made by the Race Director, Terence White. Final decisions made by the Race Director and are uncontestable.
- D. The Race Director and Committee Boats can be contacted on **VHF radio channel 74**. **The Race Director’s cell phone is: 305-304-4341**. Program this number in the cell phones of your support boater’s phone. Boaters keep the laminated card with you always.
- E. If for any reason you abort your swim you **must** report by person or phone to the Race Director. **Do not exit and leave without reporting to the Race Director.** **We must have an accurate accounting of all our swimmers!!**

IV. Cautions:

- A. Heat, Skin Protection, Hydration, Fuel
- B. Personal Safety Concerns.
- C. If you cannot finish or have medical or physical issues flag down a “Committee Boat.”

V. Purpose of the Escort Boats/Kayaks

- A. The event begins at the west end of Smathers Beach.
- B. Provide Hydration/Nourishment
- C. Safety from jet skis and boats. Keep your orange numbered pennants prominently displayed. Remember roll call at the Bridges
- D. Any other assistance
- E. Remember swimmers are not allowed to hold onto boat/kayak or stand up on bottom. You will go under **only** the Fleming Cut and Cow Key Bridges.
- F. Special Attention Areas: Key West Harbor; Fleming Cut; Cow Key Channel.
Swimmers swimming through the Harbor without a support vessel will be removed from the water. This is mandated by the USCG!!!
- G. The Race Director and Committee Boats can be contacted on **VHF radio channel 74**. **The Race Director’s cell phone is: 305-304-4341**. Program this number in the cell phones of your support boater’s phones.

VI. Race Morning

- A. Get out to beach by no later than 7:30am for the first wave and 8:00 for the second wave. Even earlier is better than later. Load kayaks/boats with supplies
- B. Apply your sun block- Leave the front of your thighs/knees grease free for marking your number and category.

- C. Solo swimmers pick up your pennant on the beach and then have the front of your thigh/knee marked. All solo swimmers and first leg relay team swimmers must check in at the beach. Volunteers will check you in.
- D. Only the first leg relay team swimmer will get marked on the beach. Team members may mark on your boats. The Committee Boat at the start line will have markers on board. On your right thigh/knee mark your category (1; 2; 3) on the left mark your solo or team number.
- E. We will have a brief public prayer on the beach at 8:15AM.
- F. Immediately after the prayer first wave kayakers prepare to launch out to the outside of the poles toward White Street Pier.
- G. Then first wave swimmers will line up in the water, side by side, facing the direction of the White Street Pier. The Director will be on the jetty and will start the race with a bull horn siren. There will also be a flag for a visual. The first wave will begin at 8:30AM sharp at the Race Director's command.
- H. The second wave starts at 9:00AM sharp as above.
- I. The Swim is clockwise around the Island. Land should always be on your right.
- J. All our volunteers will be eager to assist. Ask if you need help.

VII. Boaters and Kayakers

- A. The need to avoid congestion. Please move out in the direction of the White Street Pier and or out toward the horizon, if parallel or behind.
- B. As the field clears and thins you will eventually find your swimmer.
- C. Keep hydrated and protected from the sun. Wear a hat! The sun is intense.
- D. You must have your orange pennant visible throughout the entire swim. Duct tape will be available at Smathers Beach if you need to be inventive.
- E. Stay especially close to your swimmer as you travel through Key West Harbor, Fleming Cut and Cow Key Channel. **Unattended swimmers will be removed from the water, immediately!!**
- F. If you can't find your swimmer by the time you get to White Street Pier ask for assistance from a yellow flag vessel volunteer. You must be with your swimmer!!
- G. **Caution:** Boat propellers and the human body are a dangerous combination. Boaters must be aware of the swimmers. Boat fumes are sickening and annoying for swimmers. Boaters be aware and courteous.

VIII. Course Explanation

- A. Committee Boat/ Yellow Flags/ Laminated Contact Numbers
- B. Roll Call at Fleming Bridge and a Cow Key Bridge.
- C. A look at the map.
- D. Swimming Cow Key Channel/ the sea wall.
- E. Questions on the course.

IX. Lightning Rule

- A. If a swimmer is in danger in an electrical storm he/she may seek refuge on land or in the boat. Your life is more important than the swim. After the danger is past you must go back to the area you exited the water and continue the swim. The clock however will continue ticking. This is the only permissible time a swimmer may stand up without disqualification.

X. All Swimmers' Regulations

Costume: Swimsuits shall not cover a man's body higher than the top of the pelvic bone or the belly button and shall not cover any part of the body below the thigh. Swimsuits shall not cover a woman's body outside the shoulder-joints or above the shoulder-line and shall not cover the any part of the body below thigh. The material of suits may consist only of cotton, lycra, nylon, polyester, and spandex.

- A. No wet suits, fins or snorkels; No apparel or devices that give you greater buoyancy. We advise against MP3 players and earphones. Your ears are important in case of emergency.
- B. You may not stand on the bottom except at the start and not again until you stand to cross the finish line on the beach's edge.
- C. Relay swimmers may only touch the boat as you enter and exit your leg.
- D. There are no cruise ships scheduled for Key West Harbor on Race Day.

XI. Relay Swimmers

- A. Each swimmer must swim the full leg of his relay before exiting the water.
- B. There will be buoys positioned as markers for the transition points for the three person relay. Look for them at the **4** mile mark and the **8** mile mark. (see map)
- C. Two person relay will have one transition point at mile **6**. The same type of buoy marker will be placed at mile 6 (as you approach Dredgers Key).
- D. Caution: As the relay swimmer enters the water for his leg of the swim do not dive. The water may be very shallow. Be very careful if you jump for the same reason!! Keep hold of your goggles as you enter the water so you don't lose them.
- E. Swimmers stay clear of your boat's propellers!

XII. The Race Finish

- A. The final half mile is indicated by 10 wooden poles. These run parallel to Smathers Beach. At the last wooden pole (this was our start line), turn a hard right and swim for the shore. The chute (marked by orange flags) will be seen at the edge of the shore. Swim in until you are ready to stand and walk or run between the orange flags. As you cross the Finish Line (between the orange flags) your time will be registered and recorded. **You finished your swim!!**
- B. There will be refreshments on the beach. Hot dogs, veggie burger and hamburgers will be grilled. There will also be fruit and drinks. If you have special recovery foods or drinks bring it with you to the start line, with any change of clothes, hats sunglasses, towels etc. Leave valuable at the hotel.
- C. The event will officially end at 4:30PM. A "Committee Boat" will pick up any swimmers in the water at the time. We are not responsible for swimmers in the water after 4:30PM.
- D. Solo swimmers and relay swimmers completing the swim will receive a finisher's medal. Relay finishers will receive enough medals for your teammates. Wave start has no bearing on receiving a finisher's medal.

XIII. The Award Disbursement

- A. This gathering takes place on the beach. At 4:30PM.
- B. During that time we will give out the placement awards. Then we will have our raffle. All entered swimmers are eligible for the raffle draw.
- C. Swimmers must be present to receive any raffle prizes and other goodies.
- D. Any swimmers in the first wave will not be eligible for a placement award.

Check list:

Skin protection; goggles; cap (?); drinks and other fuel; lip balm; Vaseline; cell phone and a waterproof case; post race items: cooking oil to remove the zinc, towel, change of clothes, sunglasses, hat, shoes or sandals ...

Misc.