

# Ocean Swim 7MB

*Incorporating the Banana Boat SwimKids Series Event*



## GENERAL INFORMATION

### *Event Location*

Both the 7MB Ocean Swim and the Banana Boat SwimKids events will be held on beautiful Seven Mile Beach, located 20 minutes east of Hobart. All events will start and finish from Day Use Area 1 on Surf Road Seven Mile Beach, opposite the Ramada Resort by Wyndham and the Seven Mile Beach Fire Station.

### *Events and Categories*

7MB Ocean Swim 500m – 10 years of age\* or above

7MB Ocean Swim 2km – 12 years of age (on the 24<sup>th</sup> November 2018) or greater

Banana Boat SwimKids 100m – open to kids of the ages of 7 and 8 \*

Banana Boat SwimKids 200m – open to kids of the ages of 9 and 10 \*

Banana Boat SwimKids 300m – open to kids of the ages of 11 and 12\*

\* age at on the day of the event – 16 December 2018

### **Bag Storage Area**

An area designated to store your gear bags will be available for all swimmers of the 7MB Ocean Swim 2km & 500m events and the Banana Boat SwimKids events. This will be situated on the beach near the start line. You will need to bring your own small gear bag and label with your surname. Please note, our bag storage service is an 'all care, no responsibility' service, so please do not pack valuable items.

### **Car Parking**

There is some parking near the event site, however bear in mind this will fill quickly, so be prepared for a short walk from the surrounding streets. Why not park at one of the other access points to beautiful Seven Mile Beach and take the short stroll along the beach to the event. Please be mindful of the residents and don't park over driveways or block resident access. Volunteer marshals will be on location to co-ordinate parking, please listen to their instructions and advice.

### **What to bring on the day**

Being an ocean swim, not a lot of gear is required. Remember to pack the following:

- Bathers
- Swimming goggles (optional)
- Wetsuit (recommended – water temperature expected 17-19C)
- Nose clip or ear plugs (if required)
- Towel
- Water bottle (rehydration)
- Small bag to pack gear
- Warm clothes for after the swim

### **Entries**

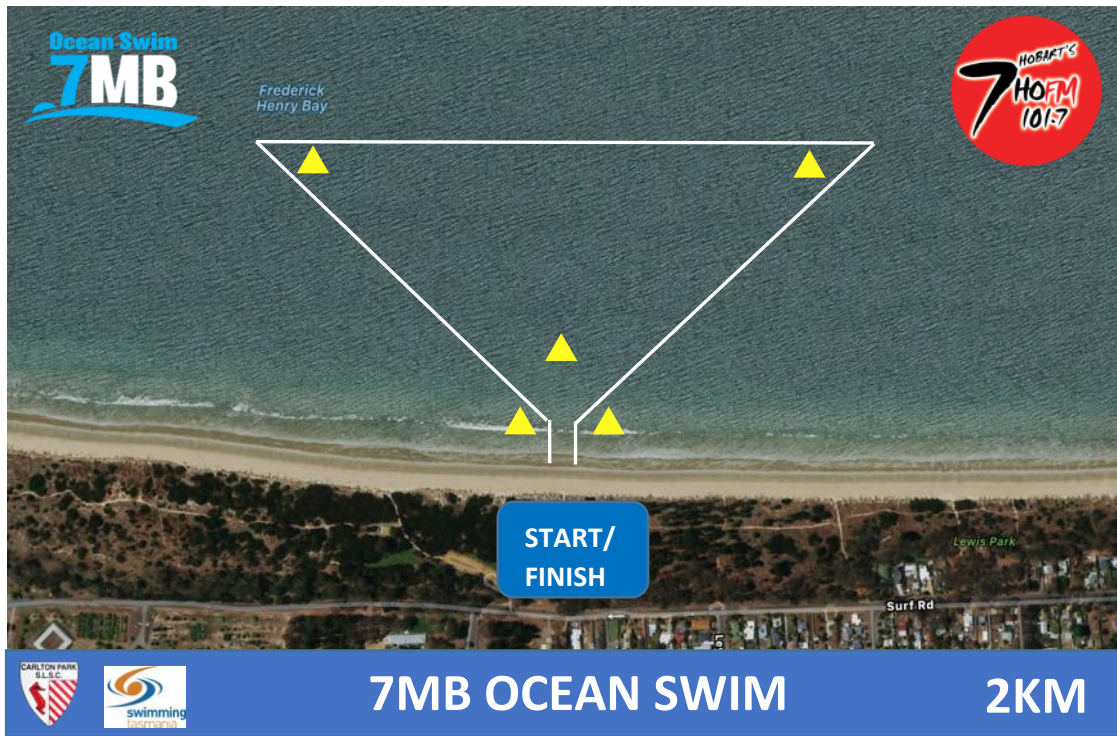
Go to [www.7MB.com.au](http://www.7MB.com.au) for online entries for both the 7MB Ocean Swim and the Banana Boat SwimKids events. We recommend you enter online to avoid delays but entries will be accepted on the day. To keep up to date with event information and stories follow us on **Facebook**.

## 7MB OCEAN SWIM

### COURSE MAPS

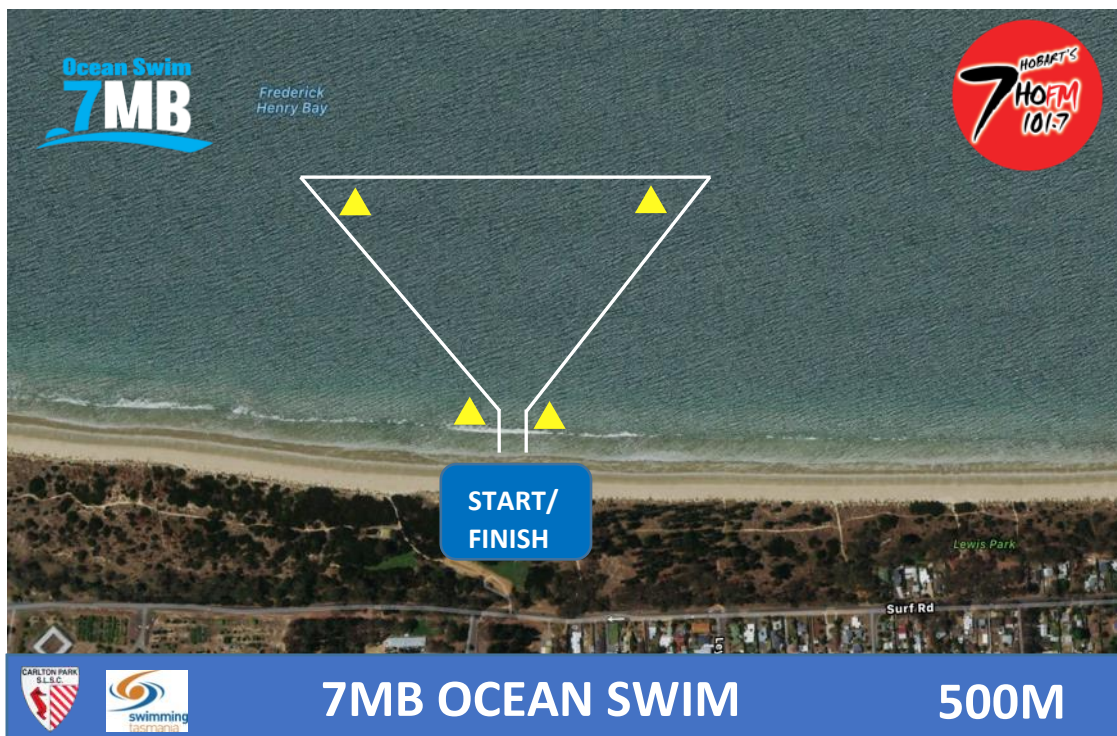
#### 7MB Ocean Swim – 2km

Start and Finish: Seven Mile Beach



#### 7MB Ocean Swim – 500m Novice Event

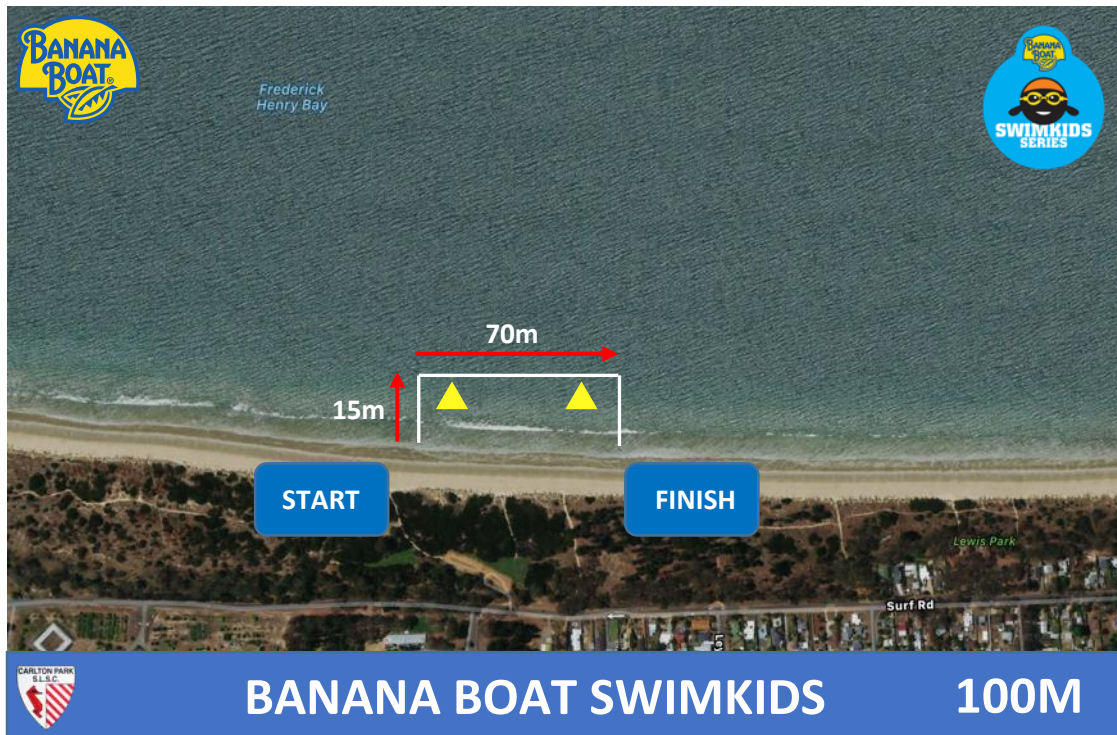
Start and Finish: Seven Mile Beach



## 7MB OCEAN SWIM

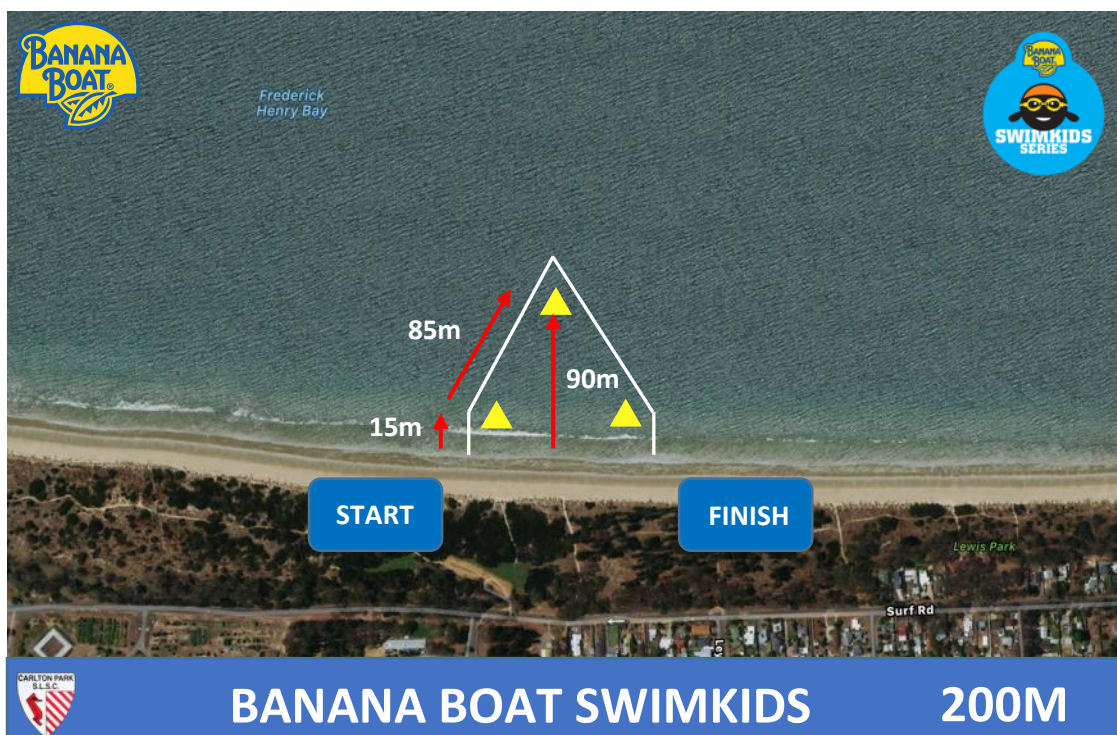
### Banana Boat SwimKids – 100m (7 & 8 years)

Start and Finish: Seven Mile Beach



### Banana Boat SwimKids – 200m (9 & 10 years)

Start and Finish: Seven Mile Beach



### **Banana Boat SwimKids – 300m (11 & 12 years)**

Start and Finish: Seven Mile Beach



### **SAFETY**

Our talented support team from the Carlton Park Surf Lifesaving Club will be on the water with you, every stroke of the way.

### **Event Rules**

- All swimmers must be present at the appropriate safety briefing.
- Swimmers must start the swim within the designated area and in their appropriate race.
- Swimmers must swim the course as instructed in the safety-briefing. Failure to do this will result in disqualification.
- Each swimmer must wear the cap provided in the swim pack. If more than one swim cap is being worn, the event cap must be worn on the outside.
- No swimmer shall be permitted to use or wear any device which may be an aid to their speed, endurance or buoyancy (with the exception of a wetsuit). Goggles, event swim cap, nose clip and earplugs may be used. Swim paddles or flipper/fins are not permitted to be used.

## 7MB OCEAN SWIM

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- No swimmer may use alcohol or any illegal, detrimental or dangerous drugs, stimulants, depressants or other substances with the intent to improve their performance, eliminate the sense of fatigue or for any other purpose.
- Water Safety, the Race Director and Event Manager shall have ULTIMATE authority to remove a competitor from the swim if the competitor is judged to be physically incapable of continuing the swim without risk of serious injury or death.
- Purposely obstructing or impeding the progress of other swimmers in the field is prohibited. Doing so will result in disqualification.
- Good sportsmanship is expected of all swimmers. Fraud, theft and acts of unsportsmanlike conduct are grounds for disqualification. The determination of whether an act is deemed unsportsmanlike is at the sole discretion of the Event Director.
- Swimmers are expected to heed directions and instructions of all event officials and water safety.
- Participation in any event in the 7MB Ocean Swim or the Banana Boat SwimKids events is at the discretion of the Event Director who reserves the right to reject or withdraw any swimmer.

### Event Safety

- Swimmers are responsible for their own physical condition and are urged to train appropriately for the event (be able to swim the full distance and have open water swimming experience) and have a medical check prior to entry if required.
- Experienced qualified Carlton Park Surf Life Saving Club lifesavers will be patrolling the course for the duration of your event.
- First Aid staff will be on-site at all events.
- A swimmer deemed incapable of completing the course in a satisfactory condition will be brought to shore by the water safety lifesavers.
- If assistance is required during the swim, swimmers are required to raise one arm so water safety personnel can assist. If this is not possible, the swimmer should roll onto their back to float in a relaxed position and try to alert water safety.
- In the event of a withdrawal, please alert a clearly marked event official. Timers will need to be notified to indicate the withdrawal.
- All swimmers should be vigilant when swimming around buoys and passing other swimmers.
- Swimmers are recommended to wear a wetsuit for assistance with buoyancy and warmth.
- All swimmers should think about post-race hydration – we recommend you bring some fluids to hydrate with after your swim.

## 7MB OCEAN SWIM

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### TIMETABLE

From 8.30am	Registration/Pack Pick Up - Seven Mile Beach
9.30am	Late Entries Close – Seven Mile Beach
9.45am	Tips and Q&A Session (BBSK swimmers)
9.55am	Safety Briefing - 7&8 year olds - 100m
10.00am	Banana Boat SwimKids 7&8 year olds - 100m
10.08am	Safety Briefing – 9&10 year olds – 200m
10.10am	Banana Boat SwimKids 9&10 year olds - 200m
10.23am	Safety Briefing – 11&12 year olds – 300m
10.25am	Banana Boat SwimKids 11&12 year olds - 300m
11.00am	Banana Boat SwimKids Prize Giving – On the Beach
11.15am	Strapmark Board Challenge - Briefing
11.20am	Strapmark Board Challenge – U11, U13, U15 and U17
11.55am	Safety Briefing 7MB Ocean Swim – Novice 500m
12.00pm	7MB Ocean Swim – Novice 500m
12.15pm	Safety Briefing 7MB Ocean Swim – 2km
12.20pm	7MB Ocean Swim – 2km
1.00pm	7MB Ocean Swim Presentations

7MB is proudly hosted by the Carlton Park Surf Lifesaving Club and Swimming Tasmania

