

SAND TO SURF

SATURDAY 19 NOVEMBER

NEW ZEALAND
**OCEAN
SWIM**
SERIES

WELCOME!

We have some important information for you as you get into your final prep for the Sand to Surf ocean swim event on Saturday 19 November. Please read all of the information below to ensure your ocean swim is safe and enjoyable.

TIME	ACTIVITY
9:35am	2.6km 'I'm Going Long' Compulsory Event Safety Briefing at Mount Main Beach Event Start Area (1km / 15min walk down the beach from the main event site/ finish area)
9:45am	2.6km 'I'm Going Long' Event Start (each wave starts approx. 45 seconds apart) Wave 1 – Green Caps Wave 2 – Yellow Caps Wave 3 – White Caps Wave 4 – Pink Caps Wave 5 – Blue Caps Wave 6 – Purple Caps Wave 7 – Silver Caps Wave 8 – Red Caps
11:30am	2.6km 'I'm Going Long' Event Cut Off Time (1hr 40m after last wave starts)
11:35am	500m 'Give it a Go' and 1000m 'Step it Up' Compulsory Event Safety Briefing at event start area Mount Main Beach
11:40am	1km 'Step it Up' Event Start (each wave starts approx. 45 seconds apart) Wave 1 – Green Caps Wave 2 – Yellow Caps Wave 3 – White Caps
11:42am	500m 'Give it a Go' Event Start (each wave starts approx. 45 seconds apart) Wave 1 – Pink Caps Wave 2 – Blue Caps
12:30pm	200m 'Banana Boat OceanKids' Compulsory Event Safety Briefing at event start area Mount Main Beach
12:40pm	200m 'Banana Boat OceanKids' Event Start (each wave starts approx. 30 seconds apart) Wave 1 – OceanKids Yellow (11 + 12 yr olds) Wave 2 – OceanKids Yellow (9 + 10 yr olds) Wave 3 – OceanKids Yellow (7 + 8 yr olds)
1:05pm	Prize Giving Starts at Mt Drury (across the road from the event site)



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ENTRY CHANGES

To ensure results are as accurate as possible at prize giving there will be no changes to participant data on event day. This includes wave changes and wetsuit changes.

Changes can be made up until online entries close at 5pm on Thursday 17 November. Please email info@oceanswim.co.nz

BAG STORAGE AREA

For all swimmers there will be a designated area for gear bags. Please note, this is an all care, no responsibility service.

For 2.6km 'I'm Going Long' swimmers you will need to get ready to swim at the finish area and leave your gear bag and walk to the start area (1km / approx. 15 min walk down the beach).

2.6KM 'I'M GOING LONG SWIMMERS' - GETTING TO THE SWIM START

The 2.6km 'I'm Going Long' swim start is an approximate 1km walk (15mins) from the event finish area at Mount Main Beach. We suggest all swimmers get ready at the finish site and walk to the start along the beach in your wetsuit and take only your goggles, swim cap & timing chip (already on your ankle). There is no bag transfer service or event transport for this event.

Non-wetsuit swimmers can take your own towels to the start line with you to keep warm. There will be a plastic box at the start area where you can leave these towels, and we will transport these back to the bag pick up area for you to collect after your swim.

SWIM PACK PICK UP

Series Pass holders (entered 3 or more 'I'm Going Long' events)

If you purchased a 'Series Pass' you should have received your swim pack by courier. Series Pass holders have one chip for the season that you need to bring with you to the events you are swimming, along with the velcro strap supplied.

All other entrants

You may have selected to have your swim pack couriered (these were dispatched on Monday 14 November on an overnight courier) or to collect your swim pack from either Event Registration, 6.30-8.30pm Friday 18 November at Mount Maunganui College Library or on event morning having paid the \$15 admin fee to do this.

CAR PARKING

On-street parking is free during the weekend (a time limit may apply).



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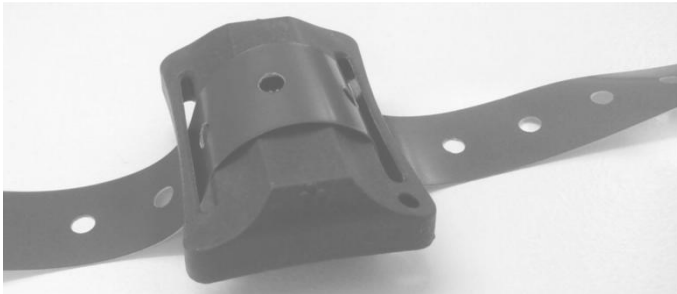
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TIMING CHIPS

Each swimmer has a timing chip included in their swim pack, please don't forget to bring this with you on event day.

Please fasten the timing chip securely to your ankle (with the supplied strap).



If you choose not to participate in the event, please return the chip to the information tent immediately at the event (or post it to Quantum Events Ltd, PO Box 605, Orewa, Auckland 0946).

Crew members at the finish line will remove your timing chip.

If you lose your timing chip, you will be liable for a replacement cost of \$30.

If you have entered 3 or more 'I'm Going Long' events with a 'Series Pass' you will be given one timing chip and a velcro strap which is yours to keep for the season.

RESULTS

Results will be posted to the www.oceanswim.co.nz website by 6.00pm on event day, if not earlier. Your certificate will be available for download from the results page.



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PRIZE GIVING & AWARDS

Prize Giving will take place at Mount Drury (across the road from the main event site) at 1:05pm.

SPOT PRIZES

Our generous sponsors have provided some great spot prizes, the winners of these prizes will be drawn at the event prize giving. You must be there to win!

WARM SHOWERS

Enjoy the amazing [Aurajet](#) experience while your rinse off, thanks to Methven – supplying the Series with event showers this summer!

Please remember – no soap or shampoo.

TOILETS

There will be both public toilets and portaloos available at the main event site at Mount Main Beach.

ON SITE SWIMMER SERVICES

HUUB will be onsite at the Event Registration and on event day, pay them a visit and get all of your swimming supplies

Banana Boat will be roaming the event site ensuring you are well covered in sunscreen

Rehydrate with **Loaded** and refuel with free **Tasti** bars after your event.

Relax and enjoy the moment after your swim with **DB Export Citrus 0.0%**.

UNWIND AT THE MOUNT HOT POOLS

What better way to unwind post event, but at the Mount Hot Pools. Take in your New Zealand Ocean Swim Series swim cap anytime between 6am – 10pm on event day (Sat 19 November) and receive a 20% discount at the door, on your entry fee into the Mount Hot Pools – 9 Adams Ave, Mt Maunganui.

LOST PROPERTY

Any lost property handed in will be available for collection from the Information Tent. Any property which is not collected from here will then be kept for one week at Quantum Events, after which time it will be given to charity. Please contact us at Quantum Events for lost property enquiries. Phone (09) 486 0240 or email:

info@oceanswim.co.nz



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EVENT SAFETY

While the event organisers have taken every reasonable measure to ensure your safety, as a participant in the Sand to Surf, you are responsible for your own safety and enter this event at your own risk.

You are responsible for your own physical condition and are urged to train appropriately for the event, be able to swim the full distance of your chosen event and have open water swimming experience and, if required, have a medical check prior to entry.

EVENT RULES

- You must be present (and ready to swim) at the event safety briefing
- You must start the swim within the designated start area when you are instructed to by event officials
- You must stay on course as instructed in the safety briefing. If you fail to do so you risk being asked to leave the water
- Purposely obstructing other swimmers in the field is prohibited. Doing so will result in disqualification at the discretion of the Event Director
- Obey all lifeguards' instructions on the water and if asked to alter your course please do so
- Any competitor that appears incapable of completing the swim at any stage may be withdrawn by the organisers, either before or during the swim
- The Event Director's decision is final
- Please read the full set of race rules before the event at:
<http://oceanswim.co.nz/event-safety/>

SWIM CUT-OFF TIMES

Each event has a cut off time:

- 'I'm Going Long' 2.6km Swim – the total cut off time is 1 hour 40 minutes after the last wave starts. All swimmers must make the 800m buoy in 30 minutes
- 'Step it Up' 1km Swim – the cut of time is 40 minutes after the event start
- 'Give It A Go' 500m Swim – the cut off time is 20 minutes after the event start

TIDES

High tide 11.47am (2m)



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COURSE MAPS:



SAND TO SURF - 'I'm Going Long' 2.6km



SAND TO SURF - 'Step It Up' 1km

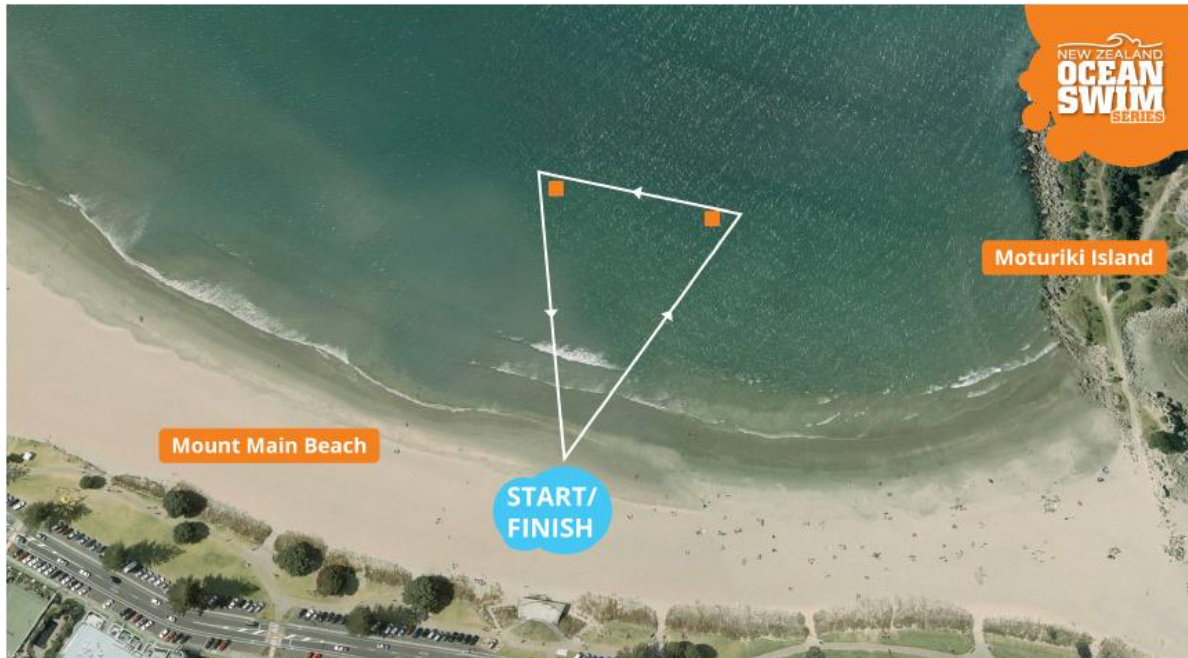


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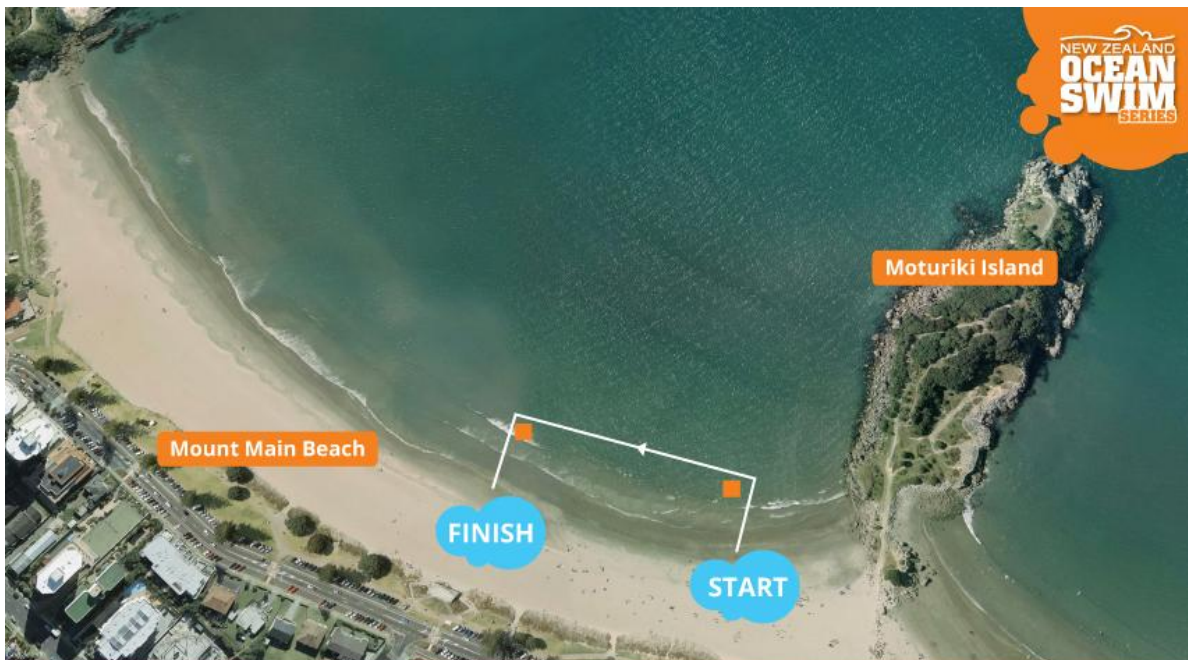
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COURSE MAPS:



SAND TO SURF - 'Give it a Go' 500m



SAND TO SURF - 'OceanKids' 200m



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Contingency Courses

Decisions for all swims will be made by the Race Director in conjunction with Surf Life Saving NZ

'I'm Going Long' 2.6km Swim

In the event of weather or surf preventing the 'I'm Going Long' swim going ahead safely, the swim will be moved to a shorter course at Mount Main Beach or relocated to Pilot Bay. Pilot Bay is a short 15 minute walk from Mount Main Beach. If this is the case, all swimmers will be advised prior by email, text message, on the New Zealand Ocean Swim Series Facebook page and website.

'Step it Up' 1km, 'Give It A Go' 500m and 'Banana Boat OceanKids' 200m Swims

In the event of weather that prevents the swimmers from being able to complete the swim courses safely, the swims may be altered from the advertised courses to provide the safest and most enjoyable swimming conditions.



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Visit the Jetstar marquee on event day to chill out, pick up some cool giveaways and for your chance to win a Jetstar travel voucher!

HUUB
WWW.HUUBDESIGN.COM

If you are interested in swimwear that boasts performance quality and durability, then check out the great range of HUUB wetsuits, swimwear, accessories and clothing [online](#) or onsite at the event!



The Banana Boat 'spray squad' and have fun in the sun! Family games, free SunComfort sunscreen, memorable moments and prizes up for grabs.

abeeco

[Abeeco](#) are all about natural health and beauty and would love to see your natural smile. Share your smiling swimmer photos on Facebook or Instagram before 24/11 using the hashtag - #abeecosmile and you're in the draw to win \$500 worth of product!



Broderick Print and Design are proud to be the official printers of the New Zealand Ocean Swim Series. They want to help capture the magic moment of finishing. Have your professional finisher photo put on A3 canvas for just \$79. Call Jonny on 09 443 6758 or email jonny@broderickprint.co.nz

METHVEN

Methven is supplying the New Zealand Ocean Swim Series with event showers this summer, so make sure to enjoy the amazing [Aurajet](#) experience after your swim!



Good luck and don't forget to grab your [Loaded Sports Drink](#) at the finish line to help you to recover from your swim and replace those lost electrolytes.

