



## **Open Water Swim Challenge**

### **Quarry Lake Park**

**10:15 a.m. Sunday, July 05**

Welcome to the 10th Annual Canmore Open Water Swim Challenge. Please take a few moments to read through the following pages.

We look forward to welcoming you all in Canmore on July 5th and thank you for your support of Grizzly Mountain Events. Don't hesitate to contact us if you have any questions or concerns after reading through the following information.

#### **Race Package Pick Up**

Race package pick up will take place at Rebound Cycle on Saturday, July 4th from 3 p.m. until 5 p.m. at [www.reboundcycle.com](http://www.reboundcycle.com) - 902 Main Street in Canmore.

#### **Race Morning Package Pick Up**

For those unable to pick up packages on Saturday afternoon, race package pick up will also be available on race morning at Quarry Lake beach from 0800 – 0930.

## **Pre Race Briefing**

Warm up swim is permitted anytime after 09:30 a.m. at the conclusion of our Stand Up Paddle Board Race. All swimmers will then be asked to exit the water in time for our pre-race briefing at 10:00 a.m. sharp !

## **Swim Course Safety**

Certified lifeguards and experienced stand up paddle boarders and kayakers will be on the swim course. Raise your hand immediately if you require assistance. You are permitted to rest while holding onto a paddleboard or kayak for as long as you wish as long as you do not make any forward progress.

## **Wave Race Starts at**

Wave 1 - All Men: 10:15 a.m.

Wave 2 – All Women 10:16 a.m.

Novice swimmers are strongly advised to seed themselves at the back of their respective male / female wave starts. Nervous swimmers may request a YELLOW swim cap at race package pick up. Our water safety crew will then be able to identify you as a new swimmer and pay you extra special attention.

## **Event Distances**

500m = 1 Lap.

1500m = 3 Laps

3000m – 6 Laps

All swimmers will be required to exit the water for a brief beach run at the completion of each lap.

## **Awards, Snacks and Draw Prizing**

Will take place on the beach at approximately 11:30 a.m.

