



## **Open Water Swim Challenge**

**10 a.m. Saturday, July 16 - 1500m or 3000m**

Welcome to the 6th Annual XTERRA Wetsuits 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 August 02 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 Friday, July 15 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 Friday afternoon, race package pick up will also be available on race morning at Quarry Lake beach from 0800 – 0915.

**Race Package Contents:**

Your race package includes your swim cap and goodies from our sponsors.

**Novice Swimmers**

Wearing of the swim caps provided is mandatory. Novice swimmers may request a white swim cap at race package pickup. This will identify you to our lifeguards and kayakers as a swimmer who may appreciate a little extra surveillance.

**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 09:45 a.m. sharp !

**Swim Course Safety**

Certified life guards 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. Request a WHITE swim cap at package pick up if you're a nervous swimmer. Your safety is our # 1 priority.

**Race Starts at 10 a.m. Sharp**

We will have one mass start. Novice swimmers are strongly advised to seed themselves at the back of the starting pack.

**Event Distances**

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.

