



## **Open Water Swim Challenge**

### **Quarry Lake Park**

**10:15 a.m. Sunday, July 16**

Welcome to the 11th 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 16th 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. Email [tony@grizzlyevents.ca](mailto:tony@grizzlyevents.ca) with questions.

#### **Timing Chip and Swim Cap Pick Up**

Timing chip and swim cap pick up will take place at Quarry Lake beach on race morning, July 16th from 08:30 until 09:45

#### **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**

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**

Will take place on the beach at approximately 11:30 a.m. You must be present to accept your award. Awards cannot be mailed out after the event.

