



RACE BRIEFING

Dear Swimmers

Thank you for entering the upcoming **ZOGGS MINA MILE OPEN WATER SWIM RACE**.

Below are some details pertaining to the race and on the day events / program.

PROGRAM & EVENTS ON THE DAY

Individual Races

07h00: **Registration Opens for All Events**

07h30: Registration closes for 6.5km swim
Race briefing for 6.5km swimmers and spotters

08h00: 6.5km individual Open Men's & Ladies

09h00: 200 meters individual 8 & under and 9 to 12yrs – boys and girls – swim together but separate events

09h15: 800 meters individual 18yrs & Under – boys and girls - swim together but separate events
800 meters individual 19yrs & Over - male and female - swim together but separate events

10h00: 400 meters individual 12yrs & Under – boys and girls - swim together but separate events
400 meters individual 13 - 18yrs & Under – boys and girls - swim together but separate events
400 meters individual 19yrs & Over - male and female - swim together but separate events

10h15: **Registration closes for All Events**

10h30: 1 Mile individual (1650 meters) 18yrs & Under – boys and girls - swim together but separate events
1 Mile individual (1650 meters) 19 – 35yrs – male and female - swim together but swim together but separate events
1 Mile individual (1650 meters) 36 – 49yrs – male and female - swim together but separate events
1 Mile individual (1650 meters) 50yrs & over – male and female - swim together but separate events

Relays

11h30: 3 x 100 meters Relay 12yrs & Under – boys / girls / mixed teams

11h45: 3 x 100 meters Relay 13 - 18yrs & Under – boys / girls / mixed teams

12h00: 3 x 100 meters Relay 19yrs & Over - boys / girls / adults / mixed teams

Prizegiving

12h15 to 12h30

General Information:

1. **Please see more specific Rules and Regulations of the Mina Mile as on the Super Sports website at www.supersportsdubai.com**
2. **Parking** will be in the "boat yard" opposite the members entrance on the side of the hotel next to the tennis courts – look for signage and ZOGGS banner/s
3. Entry to the property / race area will be through the members entrance which is located on the side of the hotel - look for signage.
4. Registration Area – follow signage and see map below
5. Spectators are allowed to make use of the designated beach area. If you are not participating in the race, we ask you not to "visit" any other parts of the property as this may impact us hosting any further races on the property.
6. Races will start promptly as per the above schedule.
7. Once entered and you have received your race number on the morning at registration, you can swim in as many races as you wish.

8. When a particular race is called for, all swimmers wanting to swim in that race must report to the Start area.
9. Rescue boats and personnel, Medical staff from the hotel and an Ambulance will be on stand-by and in the event of any swimmers needing assistance.
10. In the event of you needing assistance, please wave your hands in the air and rescue and medical staff will be there to assist you.
11. Please see attached race course / map for route, facilities, parking etc.

Good Luck and will see you soon!

Regards

WARREN VAN DER MERWE

Event Director

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FACILITIES AND LAYOUT MAP OF LE MERIDIEN MINA SEYAHI

Please see website link for the detailed MINA MILE Race Course (ignore this race course)

