



LA MER OPEN WATER SWIM

1600m (1 mile) | 800m | 400m | 200m

La Mer - North Beach, Dubai, UAE

RACE BRIEFING



Introduction

Thank you for joining us for this season's
La Mer Open Water Swim!

The following pages outline all the important
information you need to know on race day. Once
entered you can swim in as many races as you
choose.

A reminder to all swimmers that this is a
community-based event focusing on allowing
individuals, families, clubs and groups of swimmers
to experience a race environment in a social yet
competitive atmosphere.

Good luck to you all!

Follow us on Social Media @SuperSportsEvents





DIRECTIONS TO LA MER

[Location link here.](#)

PARKING

Refer to race maps for parking. Otherwise, there's plenty of parking in La Mer area.

RACE DAY PROGRAM

- Be checked in at least 30 minutes before the start of your respective race.
- No need to be there from the beginning when Race Check-In opens.
- Once entered, you can swim in as many races as you choose to on the day except for 3.2km distance.

06h30: Race Check-In Opens for All Events

07h30: 800 meters – All Ages

07h35: 3.2km – 14 to 99 years

08h00: 200 meters – 4 to 12 years only

08h30: 400 meters – All Ages

08h45: **Race Check-In for ALL races CLOSES**

09h00: Mile 1600 meters: All Ages

10h00: Prize Giving

THERE IS NO BAG DROP!



SWIM CAP

- All swimmers to wear the swim caps supplied by sponsor on the morning at Race Check In for identification and safety purposes when in the water.

BODY MARKINGS

- Your respective race number will be marked on your **LEFT** upper arm and must correspond with your timing chip number.

TIMING CHIP

- This will be handed out to you on the morning of the race at Race Check In and needs to be handed back once finished racing so that you can receive your finishers medal.
- Chips to be worn on your **LEFT** ankle with the chip number facing outward.
- Make sure the chip is fastened tightly so that it does not move or change position during the race.
- TIP: If the velcro strap is not long / tight enough, use a safety pin to adjust the length to keep the strap / chip in place and tight on your leg.



RACE DISTANCES & AGE GROUPS

- Age Groups are calculated as per your age on race day.
- Male and Female categories for all age groups.

200m

0 – 8 years, 9 – 12 years (separate races for boy's and girls)

400m

0 – 12 years, 13 – 18 years, 19 years+

800m

0 – 12 years, 13 – 18 years, 19 years+

1.6km

0 – 12 years, 13– 18 years, 19 – 39 years, 40 – 49 years, 50 years+

3.2km

14 – 18 years, 19 – 29 years, 30 – 39 years, 40 – 49 years, 50 years+



SWIM RULES

- All participants must be medically fit and compete at their own risk
- All events will take place irrespective of the weather conditions, unless organizers deem conditions to be unsafe.
- No wetsuits or swimming aids will be allowed in any events unless otherwise informed
- Swimmers will be disqualified for any of the following reasons:
 - Failing to obey organizers / officials / lifeguard instructions
 - Receiving external assistance during the course of the race
 - Unofficial substituting during relay events
 - Swimming the wrong course /
 - Any action that brings the event into disrepute
- If your course involves 1 or more laps, you will need to pass through the "GATE" in order to finish a lap and also for your last lap when exiting the water.
- Swimmers may use any stroke to propel themselves through the water and may tread water or float.
- A participant may stand on the bottom or rest by holding an inanimate object such as a buoy, boat, rope or floating object.
- A swimmer experiencing difficulty and in need of assistance must raise an arm overhead, pump it up and down, and call or seek assistance.
- Swimmers, who have received assistance, whether voluntary or involuntary, must retire and withdraw from the remainder of the race, unless such assistance did not aid the swimmer in making forward progress.
- No swimmer shall return to the race if the official rendering assistance requests that the participant withdraws from the race or receive medical assistance.



START PROCEDURES

- Please wait in the open beach area till your distance is called to the Start Area.
- The Start Area will be a social distanced grid of rows with 3 cones per row spaced 1m apart.
- Swimmers to self-seed themselves with the first 5 rows only for recognized faster swimmers.
- Once the start siren goes, all rows will slowly walk toward the start line, and only when you cross the start line will you be allowed to start running toward the water.
- Once you cross over the start mats your race and time will start.
- Chip times will be used for this race so that means your time will only start being recorded once you cross the timing mats, so it does not matter how far back you start.

END OF RACE PROCEDURES

- When crossing the finish line, please keep moving through the finish chute.
- If you are participating in another swim then please wait to be called to the Start Area and if you have finished swimming for the day, return your timing chip and you will be presented with your Finishers Medal.



PRIZE GIVING

- Prize Giving will take place as per the Race Day Program.
- Prize Winners will look for their name on the Results board and wait to be called to the podium.
- If you did not collect your trophy or medal from us on Race Day, it will be available 5 days later for you to collect from Dawson Sports in Mercato Mall.
- Trophies and vouchers will be awarded to the top 3 male and females for the respective distances.
- Medals will be awarded to the top 3 male and females for the respective distance age groups.
- Overall winners will not be included in age group prizes so we can spread the prizes out amongst more people.

RACE RESULTS

- Full results will be on the Super Sports website as soon as possible after all races have been completed. [Click here.](#)

PHOTOS

- When you see the cameramen, remember to give them a smile or a thumbs up, especially when you cross the finish line.
- Photos can be found on your results page by clicking on the CAMERA icon and then doing a selfie search.
- Photos will be available 24 hours after the race has finished.



FINISHERS MEDAL will be presented to you once you return your timing chip after your last swim.

WATER STATION can be found at the finish area along with fruits sponsored by Kibsons.

REFRESHMENTS FOR ALL These will be on sale on the morning at respective restaurants in the area.

TOILETS can be found in and around the area.

AMBULANCE Rescue boats, lifeguards, paramedics and an ambulance will all be present on the day for safety and support services. 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.

LA
MER



Sported™

FINIS®

BLUE
70



Sensible Portions
garden
Veggie
Snacks

