



Abu Dhabi City Swim 2017 - All You Need to Know!

Hello Swimmers,

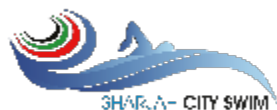
Welcome to the 2nd edition of the City Swim 2017 taking place in **Abu Dhabi on Saturday 21st January 2017.**

A few things that you need to know:

- **Location:** Le Méridien Abu Dhabi
- **Parking:** Parking at the hotel is limited and on a first come, first parked basis. Please note that additional parking is available adjacent to the hotel, and from there you can walk to the start of the City Swim.
- **Registration:** The registration desk will be open for race pack collection from 6.15am to 7.30am.
- **Race pack:** The race packs includes:
 - o A timing chip and ankle strap.
 - o Breakfast wrist bands for all athletes.
 - o Pre-ordered breakfast wrist bands for spectators.
- **Chip timing:** The races are timed by an automated system.
 - o The rental chip or your personal (yellow) ChampionChip has to be worn around the ankle.
 - o Ensure you cross the start and finish timing mats.
 - o No chip = No time.
- **BIB:** Race numbers will be body-marked on the upper arm at the registration desk.
- **Start time:** The races will start in waves from 8am onwards. Pre-race briefing will take place 15 minutes before the start of each race.

Distance	Briefing	Race
250m	7.45am	8.00am*
2500m	8.00am	8.15am*
1000m	8.30am	8.45am*
500m	8.45am	9.00am*

*The start times are indicative times; the actual start time may vary.





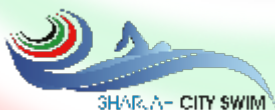
CITY SWIM

RACE INSTRUCTIONS & RACING BY THE RULES

- **Hydration:** A water station is available near the start and finish area.
- **The Swimming Village:** Please feel free to enjoy the swim village where breakfast will be served. Swimmers and spectators are most welcome to enjoy the resort for the rest of the day.
- **Post-race celebrations:** All athletes who have completed the race will receive a finisher medal. The presentation for age and gender category winners will commence after the last race.
- **Course marking:** The course will be marked with buoys at the vertices. The buoys have different colours for different distances or turns.
- **General rules:** The race will be hosted at the Le Méridien Abu Dhabi. While being on the hotel premises, the rules of the hotel have to be respected.
 - o Spectators are welcome.
 - o Lifeguards, paramedics, and event organizers are considered race officials.
 - o Athletes are expected to follow directions and instructions of race officials and hotel staff.
 - o Any littering on the hotel premises, including the beach, will result in a penalty. Trash bins are located around the venue for athlete's use.
 - o The decisions of the race officials are final.
- **Swimming strokes and gear:**
 - o The following swimming strokes are allowed: front crawl, butterfly-stroke, breast-stroke and back-stroke.
 - o Swims caps and goggles are optional.
 - o Fins, aqua socks, gloves, paddles, or flotation devices of any kind are not permitted.
 - o Wetsuits, swim skins or similar swimwear are not permitted.
 - o Swimsuits and / or tri-suits (including two piece) are permitted and optional provided the material used is 100% textile material; in general, use suits that are made only from nylon or lycra and that do not have any rubberized material such as polyurethane or neoprene.
 - o Swimwear may not cover the neck; extend past the shoulder or knees (this includes compression socks and compression sleeves). Swimsuits and / or tri-suits may contain a zipper.
 - o No covering of hands or feet in the swim is permitted.
 - o No individual escorts are allowed and any assistance provided during the swim will result in disqualification if forward progress is made.



DUBAI CITY SWIM



SHARJAH CITY SWIM



ABU DHABI CITY SWIM



AJMAN CITY SWIM



- **Safety:**

- Safety is a priority.
- An ambulance and paramedics will be available.
- An adequate number of lifeguards will be located on and near the water to monitor all the athletes.
- Weather, water temperature, and sea conditions can be unpredictable. Adverse conditions may change the program in respect of safety – this can also occur last minute.
- Race officials will monitor the course. The race officials reserve the right to remove athletes from the course if determined medically necessary.
- If an athlete is involved in an accident with another person, he / she has to ensure that a race official is notified before leaving the scene.
- Athletes have to follow any advice of the race officials and hotel employees.

- **Penalties:** Athletes must not deliberately obstruct or interfere with other athletes. Making contact other than by accident may incur penalty.

- Athletes will be notified of any penalties incurred during the swim or at swim exit where a race official will hold them for the duration of the penalty.
- Race officials may only penalize athletes.
- Race officials can impose any of the following types of penalty:
 - Verbal warning
 - 30 second time penalty
 - Disqualification

We hope your training is going well and we look forward to welcoming you at our other events: Sharjah City Swim (Saturday 4th February), and Ajman City Swim (Saturday 4th March)!

HAVE A GREAT RACE, ENJOY, AND HAVE FUN!

See you all bright and early on Saturday morning!

