



LA MER OPEN WATER SWIM 2020/21

14 NOV 2020 | 13 MARCH 2021

3.2km (3200m) | 1600m (1 mile) | 800m | 400m | 200m

La Mer - South Beach, Dubai, UAE

RACE BRIEFING

WELCOME MESSAGE

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

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!



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Super Sports Events](#)



COVID-19 PRECAUTIONS

We will be implementing the below precautions to ensure a safe and enjoyable event for all and ask you to support us with these efforts:

- Keep a 2m social distance at all times.
- Wear a mask till just before you start and once you finished put it back on or a new disposable mask will be given to you.
- Stay in the general public beach area till your distance is called to the Start Area.
- No gatherings / hugging / touching / group photos etc.
- Self service water stations at the finish line.
- Sanitize your hands regularly at designated stations.
- If you feel unwell on the morning of the event with flu-like symptoms, please stay at home!

Any participants not observing any of the above rules will be disqualified without a warning!



COVID-19 RESPONSE

DIRECTIONS TO LA MER

[CLICK HERE](#) for Google Maps or search: La Mer Dubai

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.

Individual Races

06h30: **Race Check-In Opens for All Events**

07h30: 800 meters – All Ages

07h35: 3.2km – 14 years and above

08h00: 200 meters – Under 13 years only

08h30: 400 meters – All Ages

09h00: **Race Check-In for ALL races CLOSES**

09h00: Mile 1600 meters: All Ages

10h00: Event Ends

Prize Distribution

Prizes can be collected after each swim distance is completed and results checked by looking for your name on the results board and then going to the prize collection area and collecting your prize.

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 – 18 years, 19 – 39 years, 40 – 49 years, 50 years+

3.2km

14 – 18 years, 19 – 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 and keep your mask on at all times till you get to the start line.
- The Start Area will be a social distanced grid of rows with 3 cones per row spaced 2m 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, remove your mask and throw them in designated bins close to the start mats, 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.
- A new disposable mask will be given to you and please wear this immediately.
- 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.

RELAYS

- Unfortunately, these can not take place at this swim due to social distancing restrictions, but we will definitely bring them back as soon as restrictions are lifted.



PRIZES / PRIZE GIVING

- Prize Distribution will take place after each swim distance is completed and results have been checked.
- Prize Winners will look for their name on the Results board and then collect their prize.
- No formal prize giving ceremony will take place, only prize collection on the day.
- If you can not make it for prize collection, please ask a friend to collect on your behalf or please let us know when you would like to collect it at a future Super Sports events by emailing events@supersportsuae.com.
- 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 at <http://www.supersportsuae.com/>

PHOTOS

- Remember to smile at the camera man, 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.



GENERAL INFORMATION

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 Sharbatly Fruit.

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.



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