



EPIC SWIM COMPETITORS NEWSLETTER

Taupo | January 13 – 14 2018 | #EpicSwim2018

WELCOME TO THE EPIC SWIM 2018.

We are looking forward to another great event, the following information should provide you with everything you need to make your swim EPIC!

The Epic Swim 2018 is staged in conjunction with the New Zealand Open Water Championships and the New Zealand Secondary Schools Open Water Championships.

Registration Information

Late race entry and registration for all races will be held on Friday 12 January from 3pm – 8pm at the Green Room the Taupo Great Lake Centre 5 Story Place, Taupo.

Participants will need to register and collect their race packs (see maps). In these pack's you will find your event cap (please check the cap colour allocation) and timing tag. **Timing tags** need to be placed on the wrist. **IMPORTANT – swimmers will be required to pay \$50 per tag for any lost tags.**



All competitors **MUST** bring their wetsuits and other equipment used during the swim to registration for inspection from DOC and the Check Clean Dry (CCD) team. Please note: This includes feeding equipment, goggles and anything used on the water.

Wetsuits and equipment will be CCD checked and may need to be washed at registration. The Department of Conservation will have CCD cleaning equipment available.

Event Schedule

FRIDAY 12 JANUARY	
3.00pm – 8.00pm	Late Registration and pack collection, at the Great Lake Event Centre. Wetsuits and equipment must be taken to registration for DOC CCD checks
SATURDAY 13 JANUARY	
7:00am – 1:00pm	Race pack collection and on the day registration, located on the beach
8:00am	Race Start for Mid Epic 1km (Briefing 7.50am)
8.15am	Race Start for Epic 5km (Briefing 8.05am)
8:30am	Race Start for Minor Epic 500m (Briefing 8.20am)
9:00 am	Race start for 100m (Briefing 8.50am)
9:15am	1km, 500m & 100m Victory Ceremony
10:00am	Race start for OWC 10km – males (Briefing 9.30am)
10:03am	Race start for OWC 10km – female (Briefing 9.30am)
10:05am	Race start for Epic 10km (Briefing 9.30am)
10:15am	5km Epic Victory Ceremony
1:00pm	10km Championship Victory Ceremony
1:30pm	Race start for Epic 2.5km (Briefing 1.20pm)
2:00pm	10km Epic Victory Ceremony
3:00pm	2.5km Victory Ceremony
SUNDAY 14 JANUARY	
8:00am – 10:00am	Race pack collection and on the day registration, located on the beach
9:00am	Race start for Masters Classic 2.5km (Briefing 8.50am)
10:00am	Race start for OWC 5km - Men (Briefing 9.30am)
10:03am	Race start for OWC 5km - Women (Briefing 9.30am)
10:10am	Masters Victory Ceremony
11:30am	Championship 5km Victory Ceremony

Please note that the times for victory ceremonies are approximate and may be subject to change, depending on when all swimmers have completed the course and results being available.

Social Media

Be sure to follow Swimming New Zealand social media accounts for 'snaps', 'stories' and photos across the weekend.



@swimming_nz



@swimming_nz



@swimmingnewzealand



@swimmingnz

Use the official hashtag for the event is **#EpicSwim2018** we'd love to repost and share your images too.

Pre-event Training

The course will be set on Friday 12th January for only one hour from 3-4pm for swimmers to have pre-event training. Subject to weather conditions.

Important Things to Remember

1. CCD You MUST bring your wetsuit, goggles, and feeder equipment to registration for inspection from DOC
2. Your timing tag
3. You correct coloured swimming cap
4. Have plenty of sleep, stay hydrated and fed
5. Your SMILE

Cap Colour Allocation

CAP COLOUR ALLOCATION	
New Zealand Open Water Champs. (SNZ Caps)	Epic Swim. (Epic Caps)
Women's 10km – PINK	Mini 100m – GREEN
Men's 10km – GREEN	Minor 500m – GOLD
	Mid 1km – BLUE
Women's 5km – GREEN	Epic 2.5km – PINK
Men's 5km – PINK	Epic 5km – YELLOW
	Epic 10km – RED
	Masters 2.5km – PURPLE
	EPIC EPIC – ORANGE

Department of Conservation

CHECK CLEAN DRY (CCD) TO PROTECT THIS PLACE

To protect the awesome water quality of the Lake Taupo Region from invasive freshwater threats, DOC requires that you Check Clean Dry all your swimming equipment prior to entry into Lake Taupo.

How to CCD

CHECK: All your equipment and remove any visible matter such as weed or algae.

CLEAN: If your gear has not been dry for at least 48hrs then clean with a 5% detergent and soak for at least 1 minute. For example, a 5% solution is made by mixing 50 ml of detergent with water added to make 1 litre total. (1000mls)

DRY: Drying is an acceptable alternative method, provided that all components are completely dry to the touch, inside and out, and then left dry for at least another 48 hours.



Please use this method as you travel around NZ waterways.

For more information go to www.biosecurity.govt.nz/cleaning

Event Safety

A dedicated water safety team will be on patrol throughout the event carefully monitoring the event and ensuring the safety of ALL competitors.

St Johns will also be onsite throughout the weekend.

Weather

Our water safety team will be monitoring the weather in the lead up to the event and through the weekend. Please keep an eye on our Swimming New Zealand Facebook page for any announcements.

Sponsors & Supporters



Teamline are onsite at the Epic Swim 2018 with official event merchandise, apparel and equipment. Competitors will also be able to hire wetsuits for their events from **Teamline**.



R-Line Electrolyte Drink will be back at the Epic for their 5th year on the trot. They will be at the finish line with copious quantities of their delicious rehydration drink in all 8 flavours all weekend long. They will also have some samples to try or buy at registration while you are dunking your wetsuits.

For those of you planning ahead, just follow this link <https://rline.co.nz/product/epic2018> get the 25% off event deal.



All Good is 100% New Zealand owned and operated, and like the organic Fairtrade farmers we deal with, we're a small business trying to make a difference. **All Good** are the official sponsors of the Epic Swim 2018 bananas.



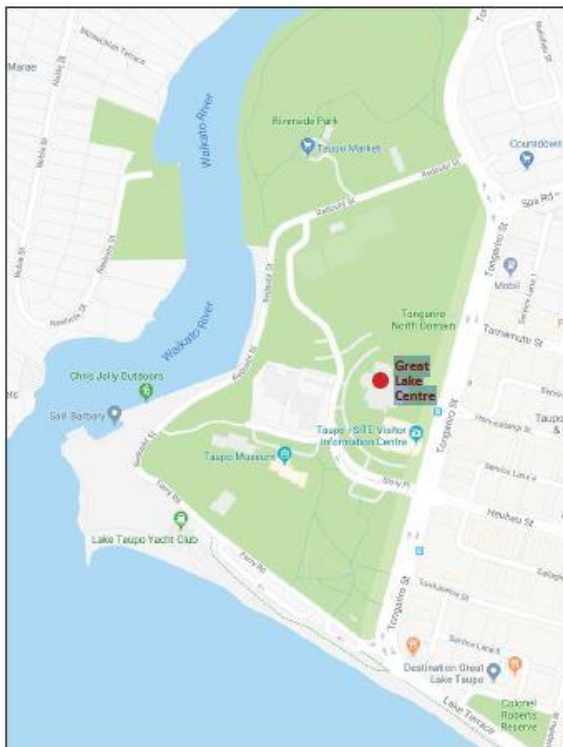
MORE FM TAUPO are once again supporting the Epic Swim 2018 and will be onsite with giveaways and a photo booth, so check out their promo team and get your snap taken. **MORE FM TAUPO** are live and local in Taupo covering the latest local news, events and activities in the central plateau.



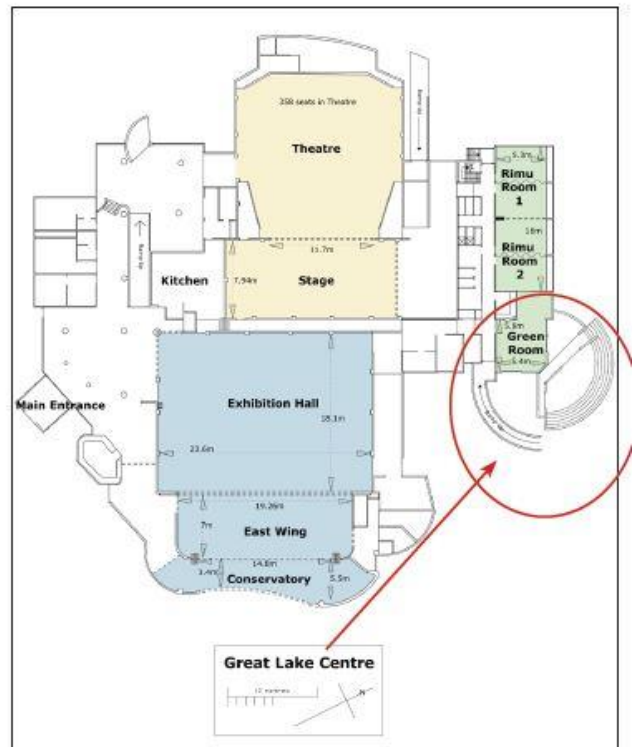


Maps

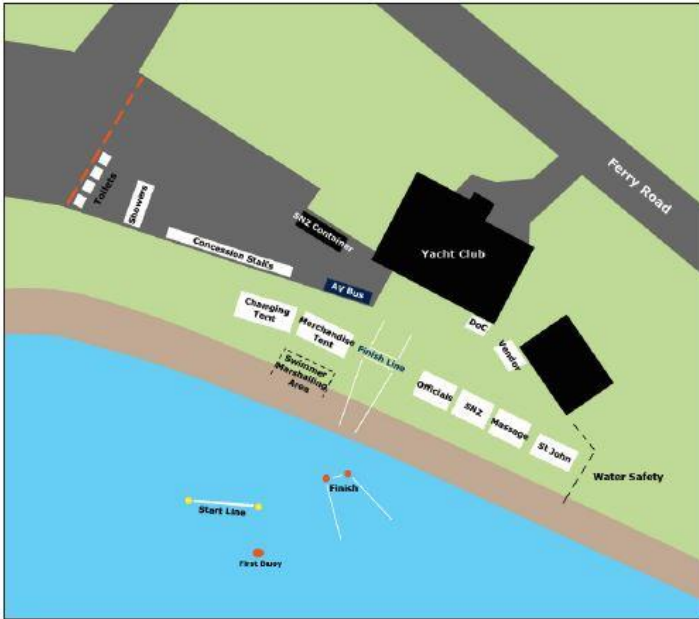
LOCATION OF TAUPO GREAT LAKE CENTRE



REGISTRATION LOCATION



EPIC SITE MAP



LOST SOMETHING?
Lost property will be located in the SNZ registration tent on the beach

COURSE MAP

