



## **Sanlam Cape Mile – Race Rules**

### **INDEMNITY**

1. All swimmers compete in the event at their own risk.

### **WAIVER**

1. Should the event be cancelled due to elements out of Stillwater Sports control, goodie bags and medals will be issued and no entry fees will be refunded.

### **WITHDRAWALS & SUBSTITUTIONS**

1. Entry fees will not be refunded under any circumstances.
2. Substitutions are permissible until 14<sup>th</sup> February 2015.

### **REGISTRATION**

1. All swimmers need to register one hour prior to their swim.
2. You will receive a timing chip, swimming cap and goodie bag.

### **TIMING CHIP**

1. IMPORTANT – NO CHIP – NO RESULT
2. Lost chips will be charged at R80
3. The chip MUST be handed in at the Finish
4. Attached the chip to your ANKLE ONLY

### **CAP**

1. All swimmers MUST swim with the provided Swim cap.

### **BODY MARKING**

1. All swimmers MUST have their number written on their arm.

### **TRAFFIC**

1. Car Pooling – Swimmers that have made use of car-pooling will be given preferential parking.
2. Please park where the officials direct you.

### **SAFETY**

1. There will be a minimum of 80 qualified lifeguards for the safety of the swimmers.

2. There will be a dedicated lane from half way in the course for any swimmer not managing the course.
3. There will be official boats adding to the safety during the event.
4. Non-finishers are required to hand in their chip to be recorded.

#### **MEDICAL EMERGENCIES**

1. Medical assistance will be located at the Eikenhof Dam.
2. There is a dedicated event doctor as well as medical staff on site at all times.

#### **DISQUALIFICATIONS**

1. Swimmers **MUST** wear provided swim caps. Any other cap will lead to disqualification.
2. Receiving assistance while swimming including swimming aids.
3. Swimming in a wetsuit.
4. Failing to obey the rules and official instruction of Western Provence Aquatics.

#### **MEDALS**

1. All finishers will receive a medal.