



Swim Guide

28 October 2023





EVENT SCHEDULE

Saturday 28th October	
6:30am	3km Check-in opens
7:30am	3km Check-in closes
7:50am	3km Race Briefing
8:00am	3km Swim Start
8:30am	1.5km Check-in closes
8:45am	3km Presentations
8:50am	1.5km Race Briefing
9:00am	1km Swim Start
9:15am	750m Check-in closes
9:30am	1.5km Presentations
9:35am	750m Race briefing
9:45am	750m Swim Start
10:05am	750m Presentations
10:30am	Event Close

**CARBS
ELECTROLYTES
HYDRATION.**

ALL IN ONE.

:SPEED

**INFINIT
NUTRITION AUSTRALIA**

arena

**INFINIT
NUTRITION AUSTRALIA**

**:SPEED
complete acceleration**
CUSTOM BLENDED FOR WORKOUTS UP TO 3 HOURS
ALL NATURAL DRINK MIX
WATERMELON

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**:SPEED
complete acceleration**
CUSTOM BLENDED FOR WORKOUTS UP TO 3 HOURS
ALL NATURAL DRINK MIX
ORANGE
61g

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Race Day Checklist:

- Yourself
- Swimmers
- Goggles
- Swim cap will be provided at check-in
- Wetsuits are optional

Check-in:

Check-in will take place on the beach from 6:30am. Check-in for each event will close 30min prior to each race start.

At check-in, all swimmers will receive their timing chip, swimming cap and tote bag. You will receive a timing transponder that you will need to attach to your left ankle. This must be returned after you cross the finish line.

Swim Briefing:

- 3km – 7:50am
- 1.5km – 8:50am
- 750m – 9:35am

Event Director – Jason Crowther

All swimmers must attend the swim briefing which will be held on the beach at the start area.

Start times:

3km	1.5km	750m
8:00am	9:00am	9:45am

Finish:

The finish line is positioned adjacent to the start line on Mooloolaba Beach. Aim for the black finish arch. Ensure you hand back your timing chip from your ankle as you cross the finish line.

Rules:

SAFETY is a priority. Please be very observant of other swimmers and surroundings at all times and ensure you listen to the instructions of the water safety personnel. Please familiarise yourself with the [Evacuation Plan and Incident Response Protocol](#).

Medical / First Aid:

A medic will be on the beach at the finish line to check every swimmer as they cross the line.

Shark sighting:

Immediate evacuation of all swimmers.

Parking:

There is parking adjacent to Mooloolaba Surf Club, in [The Wharf](#) car park and the [ParknGo Mooloolaba](#), Cnr Smith St and First Ave.

Contingency Plan

If it is deemed unsafe to hold the event in the planned location at Mooloolaba Beach due to poor weather conditions, the swim will start and finish at Mooloolaba Spit and take place in the more protected waters of the bay. Registered participants will be notified on the evening of Thursday 26th October if the contingency plan has been activated.

If the swim does not take place on Saturday 28th October, due to inclement weather or unfavourable conditions, all entries will be transferred to the next event in the series. If you cannot attend the rescheduled event, your fee can be credited for any future Atlas Event within 12 months.

Use of a wetsuit:

For open water swimming competitions in water with temperature below 20C, swimmers may use either swimsuits or wetsuits. When the water temperature is below 18C, the use of wetsuits is compulsory.

If the water temperature is greater than 20C then you may wear a wetsuit but you will not be eligible to win prizes.

The Ocean Swim Trifecta:

Swimmers who complete the 1.5km distance at Alex, Mooloolaba and Noosa will complete the Ocean Swim Trifecta, a fantastic achievement that comes with a certificate and serious bragging rights. Winners of the trifecta (fastest combined time) will share in a \$2000 prize pool.

Please note: due to the cancellation of the Alex Swim, these prizes will now be determined by the lowest combined times over the 1.5km swim at the Mooloolaba and Noosa events only.

Certificates

You can download a certificate of your achievement from our [Results Page](#) post event.

Bag Drop:

If you would like to leave items with us on race day for the duration of your swim, you can do so at registration. We will take all measures to ensure the safety of your belongings, but please be aware that Atlas Events are not liable for loss of property left in bag drop.



COURSE MAP



Thank you to our Event Supporters

