

## Swim Distance Challenge Participant Information

*“The ‘Challenge’* is a competition within yourself to accomplish something in the swim you never have- or to reach a distance you haven’t done in a long time! You will receive a “goody bag” with event memorabilia, sponsor info/items and a finishers certificate recognizing the distance you swam. There are no awards.

### ELIGIBILITY

- All participants are assumed to be of good health and in good enough condition to participate in and complete designated distances.
- **MINIMUM REQUIREMENT:** Participant must be able to swim ABOUT 5,000 yards/meters- THIS IS THE EVENT WHERE YOU MAY FIRST ACCOMPLISH THIS MINIMUM!

### EVENT PREP

- As with any race, please be sure you are adequately rested, hydrated and filled with fuel! You may reach a point of fatigue you have never felt before and the more prepared you are to deal with that the better your experience will be! Come mentally prepared!
- NO day-of registrations; only pre-registrations will be allowed due to time and space limitations UNLESS THE EVENT IS NOT SOLD OUT.

### EVENT MORNING PROCEDURES

- Doors will open at approx. 7:45 am and be **re-locked by 8:15 am.** (the pool opens to the public at 10am and if you are late your knocking might not be heard)
- **Pick up your packet at the front desk**
- We have all 6 lanes from 8 am-10am. We give up 2 lanes at 10am when the pool opens so don’t plan on taking 4 hours to do 5000 yards! Please be aware that you will be asked to move lanes periodically.
- BRING your own towel and shower stuff; AAO does not have towel service.

### START TIME & RULES

- EVERYONE STARTS at SAME TIME even if you are attempting 5,000 yards. Tracy will start you.
- Bathroom/nutrition breaks permitted. However, **extended time outs are NOT! Once you leave the water for anything other than quick nutrition or bathroom break your distance must be recorded.**
- Due to liability issues please refrain from bringing young children that need to be monitored. Your coach will be focused on YOU and the guards MUST be focused on YOU. Responsible and focused younger counters are welcome.

### COUNTING YOUR DISTANCE

- **Laminated tally sheets and markers will be provided event morning.** Personal counters are allowed. Have them be prepared for the very warm and wet conditions on deck!
- My provided workouts BELOW will help you count and help you reach your distance goal and within the time constraints. Or, do your own “workout!”
- **\*\*Do some math and figure out how much rest between reps you can afford.... 10-15 seconds at an aerobic pace should be plenty!**

## LANE SHARING ETIQUETTE

- Circle swim, pass on left and maintain awareness of fellow Challengers in your lane. Be patient.
- If you are resting at the wall move to the right so others can make their turn. If there are several resting at once, then continue to line up along the right lane line. Don't stand in the middle!
- Do not push off the wall directly in front of an oncoming swimmer unless you are faster. Let them complete their turn then push off behind them.

## How to Pass in the Lane:

- Pass on your left (in middle of lane) and be aware of your surroundings at ALL times, especially oncoming traffic. "Announce" your intent to pass by touching the toes of the person in front of you. If you are the person whose toes are being touched, move as close to the lane line as possible so as to create a passing zone down the middle of the lane. THREE people can be swimming abreast the lane but **everyone must watch for oncoming traffic!**
- Be patient and courteous!

## PERMISSIBLE EQUIPMENT AND STROKES

- **NO!** Fins, mask, snorkel, wet suits, other "toys."
- **NO!** Walking, elementary backstroke, side stroke or diving.
- **YES!** Pull buoy, hand/fingertip paddles/arm paddles, kick board, ankle bands
- **YES!** Only the 4 competitive strokes allowed (back, breast, fly, free), along with their specific drills or specific kicks.

## NUTRITION & PERSONAL ITEMS

- **Bring your own nutrition and be aware of endurance needs! (i.e., electrolytes, gels, bars)**
- Bring your own towel and shower stuff. There is no towel service at AAO!
- **BODY GLIDE-** for those seam rubbing spots you will discover in longer swims!