

10 Days 'till Xmas Challenge
Participant Information
(revised 11/5/24)

*True to the same philosophy of famous holiday tradition distance challenge,
"The 10 Days 'Till Xmas" will be a more apropos, spicy holiday workout themed around the famous
Christmas carol, The 12 Days of Christmas. It will still be a competition within yourself to accomplish an
extraordinary distance, but it will also be sprinkled with pace work and speed and more equipment!
Other than the official finisher's "Certificate of Distance" and a cap, the only award is the rewarding experience you
will have with your fellow event participants.*

ELIGIBILITY

- All participants are assumed to be of good health and in good enough condition to participate in and complete designated distances.
- **MINIMUM REQUIREMENT: COMPLETE "7 DAYS" (OR 5,900 YDS) in FOUR HOURS.**
- Participant must be able to swim ABOUT 5,000 yards/meters- OR "7 DAYS (5,900 YDS)." THIS IS THE EVENT WHERE YOU MAY FIRST ACCOMPLISH THIS MINIMUM!

START TIME & RULES

- **THERE MUST BE A REST INTERVAL BETWEEN "DAYS."**
- **THE TIME LIMIT IS 4 HOURS SO PLEASE SET YOUR REST INTERVALS BETWEEN DAYS ACCORDINGLY SO YOU CAN HIT YOUR GOAL IN 4 HOURS.**
- EVERYONE STARTS at SAME TIME even if you are attempting 5,900 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.**
- **Laminated workout sheets and markers will be provided event morning.**
- Due to liability issues please refrain from bringing children, spouses or pets that need to be monitored. Your coach will be focused on YOU and the guards MUST be focused on YOU.

PERMISSIBLE EQUIPMENT AND STROKES

- **NO!** Wet suits, lava pants
- **NO!** Walking, elementary backstroke, side stroke or diving.
- **YES! FINS/ZOOMERS,** Pull buoy, paddles, kick board, ankle bands, snorkel
- **YES!** Only the 4 competitive strokes allowed (back, breast, fly, free), along with their specific drills or specific kicks.

EVENT MORNING PROCEDURES

- Doors will open 30 minutes prior to the start
- We have all 5 lanes. (There will probably be 3 ppl per lane so **PLEASE READ ABOUT CIRCLE SWIMMING AND PASSING BELOW!**)
- There are only 3 DECK showers, 3 bathroom stalls in each bathroom, and private changing stalls.

NUTRITION & PERSONAL ITEMS

- **Bring your own nutrition and be aware of endurance needs! (i.e., electrolytes, gels, bars)**
- **BODY GLIDE-** APPLY WHEN DRY and as needed for those seam rubbing spots you will discover in longer swims!
- Bring your own towel and shower stuff. There are only deck showers!

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!
- ***The pool is lesson based so the water is typically 83.***
- NO day-of registrations; only pre-registrations will be allowed due to time and space limitations UNLESS THE EVENT IS NOT SOLD OUT.

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!