

State Epic Swim – 10km event Brief



It's great to have you taking part in the State Epic Swim- 10km event.

Key Information:

Date: Saturday 14 January 2012

Where: Lake Taupo in front of Taupo Yacht club

Brief for swimmers: 10.50am on foreshore

Feeders: meet on foreshore at 10.40am where you will be transported to the feeding station

Race start time: 11.05am

Feeder Lifejackets: Not compulsory but if you want to use one, BYO lifejacket

Transport: Will be available out to the feeding boat and feeders will return to shore once the race is completed

Backpacks: No backpacks are to be worn when in the IRB

Feeding Poles: These do not have to be used but are recommended. Feeding poles must be no longer than 5m.

Note: throwing of drink bottles to the swimmers is not allowed

Feeders: Bring warm clothes/sunscreen/water/hat and stay hydrated

If you have any further questions please contact:

Kent Stead – SNZ events Manager on kent@swimmingnz.org.nz or 021 2780432