

Hamilton Masters Swimming Club

Sponsored by:



5 Bridges River Swim

(Annual Event since 1939 – 77th anniversary)

Sunday March 20th, 2016

Swim 7.1 kms under 5 central Hamilton bridges

Registration and Start: Hamilton Gardens, Hungerford Cr
Below car park **Finish:** Ann St Beach.

Registration 11.00am-12.30 pm Briefing 12.40pm Start 1.00pm

General Information: Swim Rules

Minimum age for participation: 19 years as at 31 December 2016

- **Please make sure you read the safety instructions on this page and those at registration. Safety instructions will be read out before the start**
- **Bright swim caps must be worn throughout**
- Wetsuits are recommended
- 2 motor boats & medical personnel, Kayaks and canoes will accompany swimmers for safety
- Competitors will be permitted to have their own safety kayak or canoe accompany them. All paddlers are required to wear a buoyancy vest or life jacket and attend boaters briefing at 12.40
- All Marshals and Water Safety Personnel instructions must be followed
- Cup for first woman and first man
- Times will be recorded
- Organisers reserve the right to withdraw any participant deemed incapable of safely continuing or finishing by 2.30PM
- Start is at Hamilton Gardens, Hungerford Cres Below the car park
- Finish is at Ann St Beach at designated site. Swimmers must exit river between finish indicators
- Final times are taken at marked finish exit from river at Ann St Beach
- The average time last year was 65 minutes but this can vary, depending on the current on the day.
- Environmental cancellations will be by email, or phone us if you are uncertain.

We suggest that you park your car at the finish and organise a ride to the start. Organisers will transport belongings from the start to the finish.

Contact: Ele Pinfold: 07 854 9874 ele-ross@wave.co.nz 027 417 0211

