



CRATER LAKE CLASSIC

ATHERTON TABLELANDS

MSQ Sanction #24/18

SWIM GUIDE

LAKE BARRINE

'MOTHER'S DAY' SUNDAY 13 MAY, 2018

ENTRY INFORMATION

Please read the following information before deciding to enter.

ENTRY FEES

Online entry: <https://ioceanswim.com.au/event/crater-lake-classic/>

Online entry close Wednesday, 9th May 2018 at 12noon

\$40.00 per swimmer / \$30.00 per MSA club member

On-the-day (close 8:30am):

\$50 per swimmer / \$40 per MSA club member

(MSA: Masters Swimming Australia)

EVENTS: Solo 1km, 1.9km or 3.8km

Only 100 swimmers permitted under sanction rules.

EVENT DAY SCHEDULE

8:00am	On-the-day rego & Check-in opens	@ Teahouse, Ground floor
8:15am	FREE Stretch yoga (15 mins)	@ Teahouse, Lawn area
8:30am	Registration closes	@ Teahouse, Ground floor
8:40am	Swim briefing – All events	@ Teahouse, Ground floor
8:50am	Boat Naming Ceremony	@ Lake Barrine, Foreshore
9:00am	Solo 3.8km start	
9:05am	Solo 1.9km start	
9:10am	Solo 1km start	

EVENT DAY REGISTRATION & CHECK-IN

On the day registration and check-in is located on the ground floor of the Lake Barrine Teahouse and will be open from 8:00am and close at 8:30am

At check-in, you will receive your swim pack that will contain your compulsory swim cap that must be worn during the swim.

VENUE FACILITIES & PARKING

The Lake and surrounds are protected within the Crater Lake National Park. Lake Barrine was formed over 17,000 years ago when a large volcano erupted, leaving a crater that filled up with water over time to create a lake. Queensland National Parks together with Lake Barrine Teahouse wish to remind all swimmers that:

- Domestic animals are **not permitted** in Crater Lakes National Park.
- Never feed wildlife. Human food can be harmful to wild animals.
- Camping is **not permitted** in Crater Lakes National Park.
- Toilets located on ground floor near registration.
- Lake Barrine Teahouse is licensed, no byo alcohol is permitted.
- Please use top car park only, as bottom car park allocated for tour groups.
- Swimmers must be completely dry before entering the Teahouse (1st floor) for safety.

SPONSORS



Queensland Government



GETTING THERE FROM CAIRNS

Lake Barrine is about 60km or 1 hour's drive from Cairns via the Gillies Highway. Approximately 5 minutes after reaching the top of the Gillies Highway, turn left at the "Lake Barrine National Park" sign.

GETTING THERE FROM ATHERTON

Lake Barrine is about 22km or 20 minutes from Atherton via the Gordonvale Atherton Road. Approximately 8km past Yungaburra, the turnoff to Lake Barrine National Park is on your right.

Please allow extra travelling time if the roads are wet.



THE COURSE

Course map is shown below along with the briefing notes swimmers should familiarize themselves with.

SOLO 3.8km

- Start & Finish points are the same, in-water start for all swimmers.
- Four (4) laps of the marked course in a clockwise direction
- Keep all pink and orange buoys on your right
- On final lap swimmers can take shortest distance from buoy 4 to finish line
- Swim through the two white flags to finish the course
- A cut-off time of 2 hours will be enforced.

SOLO 1.9km

- Start & Finish points are the same, in-water start for all swimmers.
- Two (2) laps of the marked course in a clockwise direction
- Keep all pink and orange buoys on your right
- On final lap swimmers can take shortest distance from buoy 4 to finish line
- Swim through the two white flags to finish the course
- A cut-off time of 1 hour will be enforced.

SOLO 1km

- Start & Finish points are the same, in water start for all swimmers.
- One (1) laps of the marked course in a clockwise direction
- Keep all pink and orange buoys on your right
- On final lap swimmers can take shortest distance from buoy 4 to finish line
- Swim through the two white flags to finish the course
- A cut-off time of 1 hour will be enforced.



WAVE START GROUPS

Below are the three groups. Your swim time starts when the whistle blows for your wave.

- Group 1: Solo 3.8km at 9:00am
- Group 2: Solo 1.9km at 9:05am
- Group 3: Solo 1km at 9:10am

AGE GROUP RESULTS

Results will be published for each event using the following age groups:

- Solo events – Under 20, 20-29, 30-39, 40-49, 50-59, 60-69, 70+

At registration, swimmers will be asked to state current age and if using a wetsuit for filtering of age group results.

Results for all events will be available on the Cairns Mudcrabs website by 5pm Monday 14 May.

<http://www.mudcrabs.org.au>

EXTREME WEATHER

As with any outdoor sporting event, we are at the mercy of the weather gods and therefore late course changes may be necessary. In the event of extreme weather we will endeavor to offer a shortened, alternative course so please do not assume that the event is cancelled completely if the forecast is less than ideal.

We will post updates on our Facebook page on Saturday 12 May if extreme weather is expected.

<https://web.facebook.com/Cairns-Mudcrabs-Masters-Swimming-Club-Inc-416483668415258/>

SWIM SUIT RULES

As this event is focused on participation and there are no age winners or place based prizes, the decision to wear any kind of swim suit is entirely up to you. Wetsuits **ARE** allowed. We want swimmers to be comfortable and swim in whatever they prefer.

Swimming aids such as fins, pull buoy, snorkel, etc are **NOT** permitted.

IMPORTANT: We strongly recommend that any swimmer planning to wear a wetsuit in this event train in the **SAME** wetsuit **BEFORE** event day. A poorly fitted wetsuit can often restrict movement – this can significantly increase exertion levels and lead to severe heat and dehydration very quickly. Wetsuits are not recommended for use in water temperatures above 22 degrees Celsius.

The water temperature shall be taken at a minimum of 3 points at a depth of 40cm over the course within 1 hour of the first wave start and averaged. The water temperature shall be displayed at registration.

**IT IS THE RESPONSIBILITY OF THE SWIMMER TO INFORM THEMSELVES
OF THE WATER CONDITIONS.**

IMPORTANT – PLEASE READ SWIM RULES & SAFETY – ALL SWIMMERS

IMPORTANT – PLEASE READ.....

- Swimmers must read and sign the event disclaimer at check-in – refer flyer.
- Swimmers must give way to the Lake Barrine tour boats. It distresses skipper and tourists to see swimmers disappear beneath the boat.
- In the event of difficulty in the water, stop, roll onto your back to float in a relaxed position and raise your hand to identify yourself to the nearest water safety officer.
- All swimmers understand that they should not enter this event unless they have trained appropriately and a medical practitioner has verified their physical condition.
- Swimmer acknowledge that open water swimming involves the real risk of serious injury or even death from various causes including, but not limited to, overexertion, dehydration, heart attack, accidents due to other competitors, spectators, course officials, weather conditions or other causes.
- The following cut-off times will be enforced. Swimmers yet to reach the final turning buoy by the cut-off will be assisted by Water Safety personnel back to shore
 - Solo 3.8km – 2 hours
 - Solo 1km & 1.9km – 1 hour
- Kayaks and an inflatable rescue boat will be patrolling the course for the duration of the event. All water safety vessels will be in communication via two-way radio.
- While in the water, all swimmers must comply with the directions of the water safety team, if you fail to do so you will be disqualified from the event.
- A swimmer deemed incapable of completing the course may be brought to shore by water safety crew at any time.
- In the event of witnessing an injury/accident or swimmer in difficulty during the swim, please report this to one of the water safety crew on the water or on land as soon as possible.
- If you decide to withdraw for any reason, please notify an event official either on water or on your return to shore.
- To ensure your safety, please be vigilant when swimming around buoys and passing other swimmers.
- Please give assistance to fellow competitors in need of help.
- **Any competitor under the age of 18 must have a parent or guardian present on event day and will be required to complete a waiver. Proof of age for swimmers under 18 years of age will be requested at check-in.**
- All swimmers must wear the swim cap provided during the swim

EVENT MERCHANDISE

Your entry fee includes a Crater Lake Classic Swim Pack.

Cairns Mudcrabs began social open water events with the goal to simply encourage more pool swimmers into the open water. For this reason, we do not award age group place-getters. Instead, we believe EVERY swimmer who enters the Crater Lake Classic should be awarded for their efforts – we hope you like the Swim Pack.

MASSAGE THERAPIST

EVENT DAY SERVICES: Pre or post swim massage \$10 for 10 minutes (available 8:00–11:00am)

Remedial Plus Massage Therapy offers remedial, sports and deep tissue massage, dry needling, manual lymphatic drainage, post-surgery/Injury rehabilitation, chronic condition, postural assessment, structural alignment. The practice is located in Gordonvale but Remedial Plus also provide mobile services and is eligible for Private Health Fund rebates.

STRETCH YOGA

Join Akemi for a free Stretch Yoga session lakeside before you swim. The session will include stretching designed for swimmers, yoga for beginners and more advanced poses for seasoned yoga enthusiasts. Just bring a beach towel (instead of a yoga mat)!

CONTACT US

For further information, please contact **Cairns Mudcrabs Masters Swimming Club Inc.**

email: mudcrabs@mudcrabs.org.au

website: www.mudcrabs.org.au

facebook: <https://web.facebook.com/Cairns-Mudcrabs-Masters-Swimming-Club-Inc-416483668415258/>

phone: (07) 4036 0772 (Barbara Williamson, Club Secretary)