

27<sup>th</sup> Annual St. Croix  
Five Mile,  
2.4 Mile and 1 mile Coral Reef  
Swim  
November 12, 2023

Race Course Talk



# Timeline: Sunday Morning

- The Terrace will be open Sunday morning at 5:30am with muffins and coffee
- Remember your:
  - wristband
  - Swim cap
- Water is available from all of the stationary boats on the race course. Hydrate!
- Only registered swimmers are allowed on the taxis and at the race starts. Please encourage your supporters to watch you come in at the finish line at the Mermaid. Please make sure that your friends know not to bring their boats on to the race course as this is both confusing to other swimmers and possibly a safety hazard.
- Don't forget to apply sunscreen but be aware that lotion will remove your race numbers, so avoid the area
- **COVID REMINDER: REMEMBER IF YOU ARE EXPERIENCING ANY COVID SYMPTOMS OR FEEL SICK PLEASE STAY HOME.**



# 5 Mile Boat Ride From Green Cay

- Taxi pickup is at 6am leaving from the Mermaid parking lot and the lobby.
- Exit taxi at Green Cay Marina and line up for body marking
- The bathrooms will be open for your use at the marina
- Once you are marked and ready, wait in the area adjacent to the bathrooms in order to be counted and escorted to your boat
- Boats will disembark when full
  - Follow all rules and regulations as established by the captain
  - You cannot make any other arrangements to get to Buck Island – you must follow this process!
  - Don't leave anything loose on the deck, put your items in your race issued bag.
  - Dispose of trash properly – this is a National Park!
  - Do NOT dive off the boat at Buck Island. Jump into the water feet first and swim towards shore. Stay on the east side of Buck Island as other boats will be delivering swimmers

# The 5 Mile Swim Start!

- **The swim will start at 7:30am at the beach at Buck Island. You will be given a 10 minute and 5 minute warning followed by a 10 second count down.**
  - **Swimmers must be out of the water as this is a SHORE START**
- Use Caution during the start**
- **Be aware of the swimmers around you and be courteous to everyone**
  - **If you are slow, it is best to start at the rear of the pack**
  - **Set your bearings and swim your own race. You will see a series of boats and buoys from Buck Island to the first turn boat.**
  - **Best to put on your fins once in the water**

# 2 Mile Race Start

- 8am Body Marking at the Beach meeting room, 8:15am taxi departure.
- You will walk down a dirt road followed by a step down a short rocky incline so wear your shoes. You will give your shoes to the race volunteer once you are on the beach.
- You will be given a five minute warning. At one minute you will be asked to wade into the water.
- The race will start in the water (knee deep) at 8:15am.
- Use Caution during the start
  - Be aware of the swimmers around you and be courteous to everyone
  - If you are slow, start at the rear of the pack
  - Best to put on your fins once in the water

# 1 Mile Swim Start

- Swimmers meet at the Beach Meeting Room at 8:30am for body marking. Taxi leaves at 8:45am to Shoys beach.
- Swimmers will wade into the water and be given a 1 minute warning. The race starts at 9am
- Use Caution during the start
  - Be aware of the swimmers around you and be courteous to everyone
  - If you are slow, start at the rear of the pack
  - Best to put on your fins once in the water



# The Finish!

- **Run out the back of the finish chute and stand to the side allowing a volunteer to remove your wrist band, then proceed to the hydration table.**
- **Remember to get your belongings from the boat you took over to Buck Island – they will be on the entrance to the Mermaid restaurant**

# If you are in trouble

- **Should you need assistance while in the water, please take the following steps:**
  - **Stop and wave your swim cap**
  - **A kayaker will approach you and give you a Personal Flotation Device (PFD). You MUST put this on or lay on it.**
  - **Do not attempt to grab the kayak or the kayaker as this will risk swamping the boat**
  - **If you are pulled from the race you will need to stay on board the boat until the race is over as they are not allowed to leave the course until the last swimmer has finished. Once on shore, you must report to Suzanne at the finish line on the Mermaid Beach at The Buccaneer.**
  - **Should you hear air horns being blown continuously without stopping this is a signal that there is lightning and you should move to the closes boat or land**



# Timeline for After the Race...

- **Lunch will be available beginning at 10:30 at the Mermaid.**
- **Finisher medals will be available beginning at 10:45.**
- **Awards presentation for top finishers will begin at approx. 12:45 PM.**
  - **Note we will try to post preliminary results for you to review at approximately 12:30 – be sure to check to see that you have been categorized in the right division**
- ***Remember that everyone who does this swim is a winner – if you see that you have not placed in your division we encourage you to please stay for the awards ceremony to cheer for your fellow swimmers!***

# Thank You!

- **Again, thank you for participating in this year's swim!**
- **Don't forget to thank the volunteers!**
- **Don't forget to come back next year!**
- **An in person course talk will be available on The Buccaneer Terrace at 3:30 PM. The race committee will be available afterwards for any specific questions.**