

# 21st Annual St. Croix Coral Reef Swim Five Mile Information

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## Five Mile Schedule

**Sunday, November 6, 2016**

- 6 AM: Swimmers meet taxis at Mermaid Restaurant or Lobby to take taxi's to Green Cay.
- 6:15 AM: race marking begins at Green Cay. Swimmers must arrive by 6:30 to take water shuttle to Buck Island.
- 7:30 AM: Race Starts at Buck Island
- **Swimmers begin finishing the race about 9:10 AM.** Family and friends gather at the Mermaid to cheer swimmers through the finish line.
- 11:45 AM awards lunch begins at The Terrace. Don't forget your lunch ticket.
- 1:00 PM (approx.). Awards Ceremony begins



## Safety Protocol

Kayakers are on the course as first responders in case a swimmer has an emergency in the water. Kayakers are not there to lead you along the racecourse, however they will instruct you when you have deviated from the course and must change your direction in order to avoid reef areas. You must obey their instructions.

Thank you to our sponsors:

*The Buccaneer*  
St. Croix, U.S.V.I.

Coca Cola, St. Croix Yacht Club, Bellows International, Cruzan Rum, [www.stcroixsports.com](http://www.stcroixsports.com), Green Cay Marina, MileMark Water Sports, Anchor Dive, Big Beards

**Should you need assistance in the water please take the**

**following steps:**

- ★ Stop and wave your swim cap.
- ★ A kayaker will approach you and give you a Personal Floatation Device (PFD) to put on.
- ★ Do not attempt to grab the kay or the kayaker as this will risk swamping the boat. They kayaker will contact a boat to come and get you get you.
- ★ If you are pulled from the race, you will need to stay on board until the race is over as they are not allowed to leave until the race is finished

Please make safety your #1 concern!

# During the Race...

There will be a line of boats and buoys which you should keep on your right side heading toward the island of St Croix.

At the last boat and buoy, you will see a large triangle buoy, keep it on your right side.

The race continues along the shoreline. Head towards the house on the point with the green roof (always keep boats on your right)

After reaching the point with the green roof, you will see Green Cay island. Go between Green Cay and the shoreline of St. Croix. You will next set your sights on the point with the large house with the white pyramid roofs.

Continuing along the shoreline, you are now heading to a white house on the end of a point. Once you are past this house you will see The Buccaneer on your left and the final point of land with palm trees ahead.

You should now be able to spot the final marker boat and the triangle orange buoy that marks your last turn of the race. You MUST go around this buoy keeping it on your left - any other variations will have you disqualified.

Once you round this buoy you will be in full view of The Buccaneer. Favor the left side of the bay in order to keep a safe distance from the large reef on the right side of Mermaid beach. Head towards the dock on the beach. There will be buoys in the water to guide you to the shore. Once you reach the shore, run through the palm-lined finish chute and be certain to shout out your race number so you can be properly scored.

Once you have finished, please keep moving through the chute and head towards the refreshments and food offered to you. Please remember that the timer is working and needs to stay focused on other swimmers, so please avoid distracting him asking him for the times. Please turn in your bracelet to the station at the finish line.

## Please read the safety protocol so you are familiar with the procedures.

- Spectators are not allowed on the boats to Buck Island. Please discourage your friends and family from going out on their own motor boats to observe the race. The fumes bother the swimmers and there is a concern for safety with so many swimmers in the water. These boats may also confuse swimmers as to which boats to follow. The best place to observe the race is at the finish line.
- Do not put sunscreen on your arm until you have been body marked.
- If you are using a floatation device or swim aid you will not receive a time or placement.. Swimmers may use a safeswimmer buoy for visual siting.
- Water will be available from all the boats along the race course, not from the kayaks. There will be a boat every mile, so plan your liquids accordingly. This is a warm weather swim, so hydrate. Please pass the water bottles back to the boat crew.
- There are kayaks for safety in the water. If you are having trouble, stop and wave your swim cap and one will approach you. If you elect to not finish the race, you must advise Suzanne at the finish line as soon as possible that you have withdrawn.
- If you are pulled from the race you will need to stay on board the boat until the race is over, as the boats are not allowed to leave the race course until the last swimmers have finished. Once you get on shore, you must immediately report to Suzanne, located at the finish line on the Mermaid Beach.
- Swimmers are not allowed to touch the kayaks. This will result in a disqualification. Swimmers may hold onto an anchored boat at drink station provided they do not propel themselves forward.
- Swim caps must be worn during the race.
- Do not return to the water after crossing the finish line.
- You may not change your race distance on race day. Your declared distance at race check in is the only distance you may compete in.
- Race results will be posted at the beach. It is your responsibility to check the results for accuracy. Please check the TV screen monitors near the Mermaid Restaurant.

## Time Limits:

**Five Mile: First Turn: 1.5 hours, 3 Hours & 40 minute limit to complete the course**