

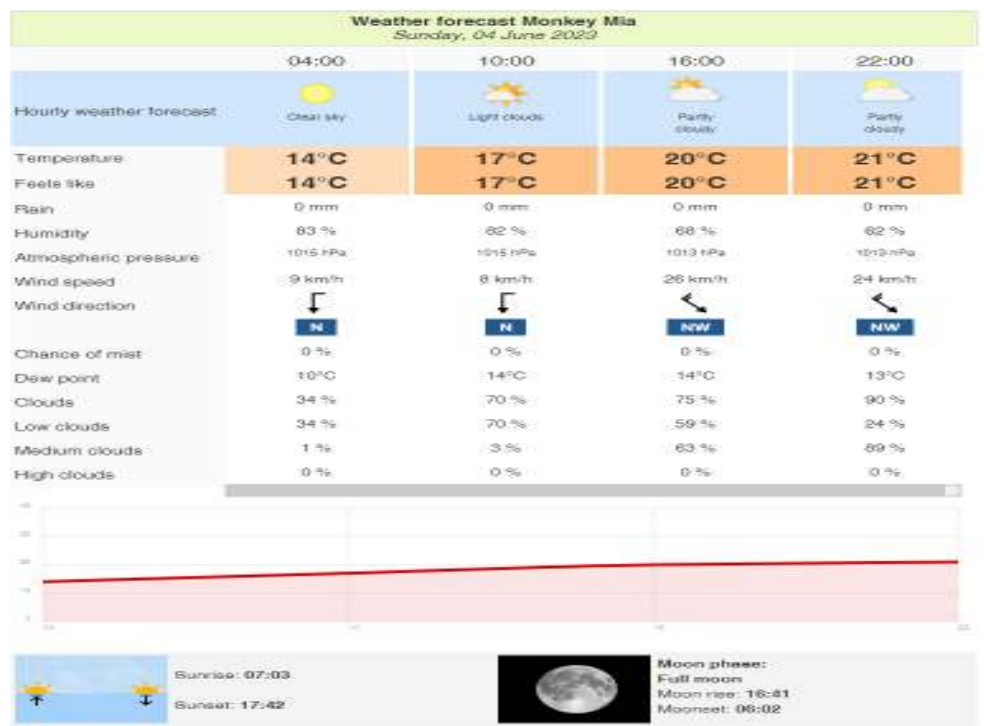


Sunday 4th June 2023

Hello Swimmers and Welcome to the 4th swimming of the RAC Monkey Mia Openwater Swim.

The Western most Open Water Swim in Australia!!

The Weather for the weekend is looking superb for swimming and more importantly Socialising!!



Things to check before the weekend:

- **ACCOMMODATION**

This is **NOT** included in your swimmers package. Call Monkey Mia 9948 1320 and tell them you're a swimmer and you will receive a special discount. Rooms are still available.

Gate Entry

The cost of entry into the Monkey Mia Conservation Park is **out of the Resorts hands**.

The DBCA gate entry fee must be paid upon entry or can be pre-purchased on-line.

Monkey Mia Day Entry is \$15

<https://parksandwildlife.rezdy.com/342663/monkey-mia-conservation-park-day-entry>

OR if you are staying longer than 24 hours a month pass is \$25

<https://parksandwildlife.rezdy.com/404475/monkey-mia-conservation-park-month-pass>

Itinerary and times for the Swim weekend:

SATURDAY

- If you are heading up to Shark Bay on Friday, schedule in the Denham Triathlon which is run at 8.30am Saturday morning. There is a \$5 swim only section (or you can register a team or individually for the Tri)
Splash for Cash - nominate a time for the 400m swim and the closest male & female will win a voucher thanks to The Shark Bay Hotel. For more info and to register, click on the below links.
<http://geraldtontriclub.com.au/register/>
<https://www.facebook.com/groups/955192684542909/>
- After the Triathlon head to **THE SHARK BAY HOTEL** between 12.00 & 1.30pm and tell the friendly staff you are a swimmer. Certain counter meals will come with a free Middy. 😊
- Head out to RAC Monkey Mia Dolphin Resort for the Registration/check-in Between 3.00 & 5pm. Look for the 4x4 pop up shade on the beach at the end of the Monkey Bar board walk. Check in to receive your fantastic starter's bag.
This will contain many goodies but most importantly for those who have paid for the full package it will have your entry wristband to the Premier Presentation Event and voucher for the Monday buffet breakfast –so be sure look after it.
- **IMPORTANT** - At registration you will be asked if you will be wearing a wetsuit. The RAC Monkey Mia Swim is a **COLD WATER SWIM!!** Temperatures may range anywhere around 17 -19 degrees! Attempt to test the water temp before registration and if you own a wetsuit you may choose to wear it for the race. Your decision at Registration will be final. There will be wetsuit prizes in the 1km and 4km solo open divisions only!
Wetsuit wearers will NOT be eligible for main prizes.
- **IMPORTANT** –any changes to your swim distance will be allowed, but must be confirmed at registration. NO allowances for changes will be made on the event morning.
- After you have registered - head up to the Boughshed Restaurant for 4-5 pm happy hour and watch the sunset! And then on to the Monkey Bar for 5-6 pm happy hour.
- “Carb Loading” is at the Monkey Bar from 6pm with specially prepared pasta dish options including Vegetarian. Prices will be reasonable and it will be delicious (note: this meal is not included in your swim package). The full Monkey Bar menu will also be available.

<https://parksandresorts.rac.com.au/monkey-mia/resort-info/restaurants-and-functions/>

SUNDAY – RACE DAY

- Check-in and tattoo applications to arms start from 7.15am until 8.00am at the shade tent at end of the Monkey bar boardwalk. Tattoo to be on left arm. Preferably apply your tattoo in your room to avoid the crowd and remember tattoo FIRST then sunscreen after!!
- Wetsuit wearers can apply gaffa tape -and black marker pen number as an option.
- 8.00 am **SWIM BRIEF MUST BE ATTENDED BY ALL SWIMMERS**
- There will be a designated area for bags and towels if required. (near First Aid shelter)
- *NOTE: The 1km and 4 km distances will be run separately - one after the other.*
 - *At the proposed starting time the tide will be approx. 1.5m and therefore there is the potential to stand. The start will be a water start with standing allowed. However dolphin diving after start siren is not permitted. If you must stand during the race -when you resume swimming no pushing off or dolphin diving will be allowed.*
- 1km Swim start time will be **8.30am**. Please marshal near the finish line chute 5-10min before start time for pre-race photo -Then swim start will be a water start between the first marker buoy and Bruce the Shark float. 1km is 1 lap only of the course.



- Note : with an incoming tide you may start swimming into a fairly strong current – please be aware and DON'T PANIC! The upside is the back straight is a breeze.
- The 4km swim for solos and teams will start at 9.am.
- Team changeover will be out at the “Bruce The Shark” Float (start line). A HIGH FIVE must be made and the team swimmer second off must obey the same start rules no dolphin dives!

PREMIER PRESENTATION EVENT (PPE) – (FOR FULL PACKAGE SWIMMERS ONLY!)

- The PPE will be held **Sunday afternoon between 1pm & 5pm at the Monkey Bar**. The venue will be closed to the public, however, still please wear your bracelet received in your starters pack. The theme for the PPE is “NEATLY IMPRESSIVE” (multiple spot prizes will be awarded throughout the afternoon for dudes and dudettes who have made an effort. Guys think Don Johnson? Girls perhaps going to the races attire!! Keep it classy!



- Hors d'oeuvres (fancy finger food!!) will be brought around the venue all afternoon.
If you have any dietary requirements please respond to this email with your name and your requirements.
- Mingle, chat and enjoy the beautiful scenery, followed by the sunset!
 - ☪ The 1st drink is complimentary (your drink voucher will be in your starters pack.)
 - ☪ The full bar is open and drinks available for purchase –and keep an eye out for a swimmers only special cocktail!
- Presentations will be held approximately mid- afternoon. Approximately 2 -3pm.
- The band **Good Strife** will do a set towards the end of our Event time –then general public will also be invited in after 5pm to enjoy their music till close. They are GREAT!
- After 5pm ...You will have the choice to stay and enjoy the Band, or perhaps head to the Boughshed for a beautiful dinner (be sure to book ahead) or create your own party!!

MONDAY MORNING SWIM

- Swimmers – meet on beach at end of Monkey board walk at 7.00am– then either walk or swim up the beach (approx. 800m-1k) and walk or swim back. There will be water safety both ways. This is not a race! Dolphin feeding up near the jetty is at 7.45am you can be back to see that or who knows ... the dolphins may swim past us on their way!!
- If you have some REAL FUNKY bathers –this might be the time to shine – a spot prize is up for grabs for the best pair.
- Upon swim return head up to the Boughshed and hand over your buffet breakfast meal ticket (in your starters pack-(FOR FULL PACKAGE SWIMMERS ONLY!)) to receive a wrist band to access the free Buffet Breakfast. Those choosing not to swim can simply present wristband at any time after 7am.

Very Important All Swimmers and Partners

Take many photos –Face Book post—Instagram- or Snap Chat –whatever ---just send them to as many people and fellow swimmers as possible to show what a great time you had over the weekend.

Let's make this an iconic event!

DRIVE SAFELY ---WE HOPE YOU HAD A GREAT TIME -- SEE YOU NEXT YEAR ---**BOOK EARLY !!**

