

## Across Lake Swim Information

1. Swim briefing will begin 6.55am for the 4.2km swim, 7.45am for the 2km swim 8.00am for the 1km swim. Support kayak briefing will be at 6.45am at Acacia Bay South.
2. For the 4.2km swim, you can leave your car at the 3 Mile Bay end and travel to the start in the free bus. We emphasize that parking is very limited at Acacia Bay. The bus leaves at 6.20am sharp **from 3 Mile Bay.**

## At the starts

3. Place transponder on the ankle, and enter the beach area over the starting mat, so that we know you are there.
4. Finish by passing over the timing mat at the top of the boat ramp.
5. Any lost of transponders will incur an additional charge of \$25.00 for replacement cost.
6. Prize giving starts around 9.15am.
7. Drop bags can be left at the start of the 4.2km swim will be taken to the finish area.

## Tips

Give yourself enough time to prepare prior to the swim.

A warm up is helpful to settle you down and get your breathing right.

If you have a support craft, sight it prior to the start.

Before the start, line up a couple of sighting marks on the hill across the lake. Strobe lights midway and at the finish plus the fleet boats are also helpful to align your navigation towards the finish line. For most of us, this is about the challenge, not the race.

If you are not comfortable during the swim, float on your back and raise a hand, or get your support to raise a paddle. Do not panic as assistance will be with you as quick as possible.

**Have a good safe swim everyone.**



across the lake swim  
**2012**

## Event Director

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## Event Administrator

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welcome guide

[www.acrossthelakeswim.co.nz](http://www.acrossthelakeswim.co.nz)

## Across Lake Swim Welcome

Thank you for entering our 49th Cross Lake Taupo Swim Challenge.

- Registration is at the **Great Lake Centre**, located on Tongariro Street in the town centre from 5.00pm to 7.00pm Friday. Entries closed 7.00pm Friday.
- Because of the risk of DIDYMO reaching our Lake, D.O.C officers are required to rinse and check every entrant's wet-suit. This will take place at wherever you register.
- For the 4.2km swim your kayaker, if you use one, does not have to register but will given a briefing at Acacia Bay South at 6.45am, where they enter the Lake. This location is just further along the Lake from the swim start. They do not enter with the swimmers.
- The 2km swim will start at the 4.2km swim finish area at 7:45am. The course is a loop to a buoy shown on the map.
- The 1km swim will start at the 4.2km swim finish area at 8am. The course is a loop to a buoy shown on the map.
- Extra Breakfasts can be paid for at Registration.
- In the sad event of unsuitable lake conditions, the decision will be made on Saturday morning by the Harbourmaster/Coastguard and Event Director. A contingency will be the use of the Ironman course 3.8km. If this is unsuitable a full cancellation is inevitable for your safety.
- Finally whether you are entering the Ironman, the Erin Baker Award or simply the Challenge, plan well, swim well and enjoy our event and our district.

From all members of Taupo Moana Rotary Club and the AC Baths staff.



## IMPORTANT

(Please Co-operate)

As a precaution against the Didymo algae entering Lake Taupo, the Department of Conservation has made a requirement that every wet-suit must be disinfected before entering the lake.

This process will be carried out under Department of Conservation supervision at Registration on Friday evening or before the start.