

**OPEN
WATER**



**Singapore
Swim Stars**



We are happy that you decided to challenge yourselves in our second Singapore Open Water with two original races : 800m open to all or 4km open to more experienced and trained swimmers.

No matter the distance you choose, open water swimming requires passion for swimming, endurance and training so Challenge Yourself today and Swim to a Better You !

WELCOME

The Singapore Open Water 2015 is a standalone swimming event.

We encourage Open Water swimming as it is not only good for cardiovascular health. Swimming in open water also adds resistance which helps build a stronger mind and body. It is open to all swimmers age 14 and above.

There will be two race categories an 800m and 4km:

The 800m race aims to attract sprint swimmers, teams youths and first-timers. The 4km race aims to appeal to swimmers and triathletes who wish to challenge themselves and go beyond their limits.

500 swimmers are expected to attend the Singapore Open Water. It will definitely be an eye-opening experience for swimmers trying Open Water Swimming for the second time and a challenge for the swimmers taking part in the 4km swim.

All swimmers will receive a Goodie bag worth \$65 and an exclusive Finisher Medal by Singapore Swim Stars!

Attractive prizes for the winners.

Mission :

To promote and share our passion and love for swimming with the public. To encourage and interest more people to take up swimming as a sport.

OPEN WATER EVENT

Singapore Open Water 2015 Saturday, 10 October 2015

Opening : 6:30am

Races : 07:30am – 12:00pm (SGT)

Sea Sports Centre 11 Changi Coast Walk

Singapore 499740



What's in your Goodie bag?

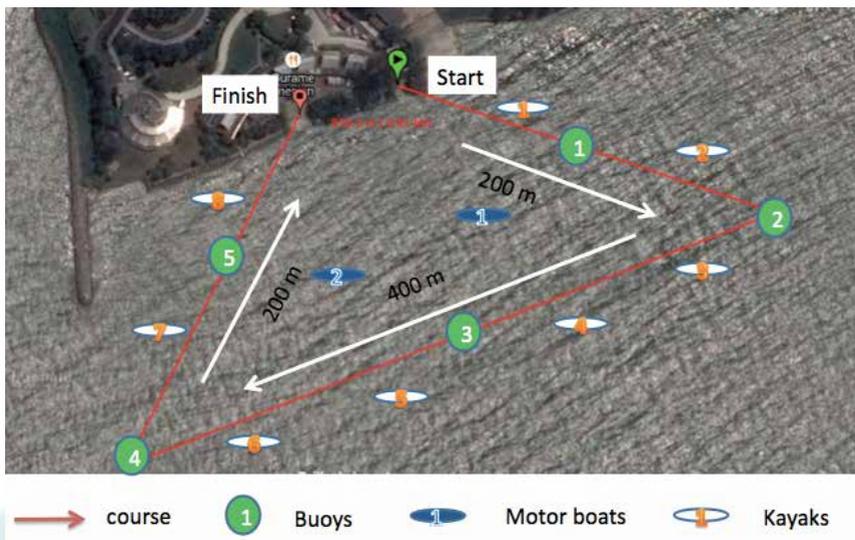
Drawstring Bag

Participant T-shirt

Items from our Sponsors and Partners.

Race Handbook

START TIME	STANDBY TIME	CATEGORY
0630	Registration & Body Marking	
0715	Safety Briefing for 4KM	
0730	0730	Race Start
0945	Safety Briefing for 800M	
1000	1000	Race Start
1030	Safety briefing for Teams - 800M	
1040	1040	Race Start
1100	Start of victory ceremony	
1200	End of Singapore Open Water	



OPEN WATER TIPS

Introduction to Open Water Swimming

In the past when swimming did not take place in man-made containers of chlorine water, swimmers swam in open bodies of water such as seas, oceans, lakes and rivers.

The beginning of modern-age open water swimming was taken to be on 3rd May 1810, when Lord Byron became the first person to swim several miles in open water across the Hellespont (now known as The Dardanelles) from Europe to Asia. Competitive open water swimming later took place in 1896 at the Athens Olympic Games, where athletes competed at the port of Piraeus.

First competitive open water swim

Similar to conventional swimming competitions, open water events vary in distances, from 1 kilometer to 80 kilometer. In 1991 though, participants had only one option of swimming 25 kilometers at the first official open water event during the General FINA World Championships in Perth, Australia.

Today, the FINA championships feature 3 race distances - 5 kilometer (5K), 10 kilometer (10K) and 25 kilometer (25K) for men and women.



Best open water events

Open Water Swimming increased in popularity over the years, and has since been enjoyed by a vast variety of people from at least 158 countries.

Open water swimming clinics, camps, tours, races and events are just some of the 6,000 open water events sanctioned in the World. The sport is growing like never before, often advocated by national governing bodies and the mass media.

Open water swimming techniques

One may be a great pool swimmer, but when it comes to open water swimming, he or she may end up being last in place. Open water swimming requires technique!

Here are some techniques that will help you in your next open water swimming competition:

Stroke technique

For open water events, the “crawl” is the perfect stroke to master, although other strokes are permitted as well. Note that there are slight differences in the open water crawl and the one used in swimming pools.

- Take shorter intakes (early catch);
- Higher frequency to maintain a good speed;
- Kick less frequently as your legs help increase stability;
- Paced breathing: breathe every 3 passage of arms with ‘triangle’ breathing – one on right, one on left and one in front to maintain position on a target (buoy or finish line). Swimmers breathing every 2 strokes to rotate every two on the side and a front for guidance.

Orientation

You may lose yourself amidst this open water adventure if you are not careful. Without pool markings, one needs to orientate him or herself by looking in front frequently for buoys to avoid swimming extra distances. The buoys are there to demarcate the course.



Drafting

One essential tip besides knowing how to swim well is “drafting”, which means to position oneself as close as possible to the front swimmer and be ‘slightly pulled’. This helps the swimmer tire less.

The secret is to expend as little energy as possible at the beginning, and only overtake and sprint once the finish line is in sight.

Passing buoys

There are two ways to do this :

Turn with your arm furthest away from the buoy while staying in lap; or Make a quarter or half-turn while continuing in crawl.

Endurance work

Nothing comes easy!

Training on endurance and rhythm changes must be done weeks before “D-Day” in order to finish the race.

A swimmer must spend a lot of time in the water to achieve two things:

Improve endurance – perform repeated sets of distances between 200m and 400m, with little rest between each set.

Get used to pace change – invert speed work and race pace, e.g. 3 x 200m (50 fast to 150 race pace), rest 20 seconds. The purpose is to simulate a fast start out of the ground, passing buoys, recover and finally two pace changes.

Different water temperatures (hot or cold)

The change in water temperature when the skin touches the water may be enough to adversely affect the swimmer's performance.

Since wetsuits are often prohibited for open water competitions, it is recommended not to engage in an open water event without first testing one's endurance in cold water, especially if the temperature is below 21°C.

Do not let the temperature of the water be your worst enemy!



FAQ

By registering to the Singapore Open Water swimming event, you take full responsibility in terms of health conditions and swimming capacities.

You declare having no pre-existing conditions, long term conditions that could affect the race such as heart disease, pregnancy, short term medical problem or any other health issues.

WHAT ABOUT TRANSPORTATION?

Nearest MRT: Tanah Merah MRT (Green Line)

I'VE NEVER SWAM IN OPEN WATER BEFORE; CAN I ENTER AN OPEN WATER SWIMMING EVENT?

Of course, the Singapore Open Water event was created for swimmers of all levels. Many people swimming will be doing Open Water for the first time, so don't worry you won't be alone.

HOW OLD DO I HAVE TO BE ? 14 years old and above.

The 4Km race and the 800m race are open to participants 14 years old and above.

HOW MANY PERSONS ARE THERE ALLOWED IN A TEAM ?

team of 4 for the 800M and team of 5 for 4Km relay

HOW ARE TEAM WINNERS DETERMINED ?

The team with the best combined time is the winner.

WHERE DO I DEPOSIT MY BAG ?

Participants can deposit their bags or personal belongings at the event venue after registration but do note that SSO team will not be responsible or liable for any loss or damage.

DO I NEED TO WEAR A WETSUIT ?

Wetsuits are optional. Participants must be dressed in appropriate swimming attire and wear the provided swim caps.

IS BODY MARKING COMPULSORY ?

Yes. Body marking is available at the event site. Do note that your race bib number is equivalent to your chip tag number. All participants are required to have their 4-digit ID marked on their body (shoulders and hands) prior to the start of the race. Participants without body marking will not be allowed to race.

WHAT DO I DO WITH THE TIMING CHIP ? Please ensure that you wear the timing chip on your left ankle. The swimmers will get their RFID chips (with ankle bands) associated with their names, which they will use during the races for timing, from the accreditation Desks. After finishing the race, the swimmers have to return the chips back to the desk at the Finish area. No Timing Chip = No Results.

Please note that each timing chip **MUST BE** returned after the race or a cost of \$25 per timing chip lost will be charged.

WHAT HAPPENS IF I GET TIRED, COLD, OR I'M STRUGGLING IN THE WATER AND NEED ASSISTANCE ?

Safety is really important to us. At our event we stick to water safety norms, safety kayaks at regular intervals, Powerboat assistance, Ample and Experienced medical cover on standby (nearest hospital: Changi Hospital), Ability to track swimmers movements in and out of the water.

This means you're never out of sight and our rescue team will be on hand to assist should the need arise.

WHAT IS THE TEMPERATURE OF THE WATER?

Temperature: 84.9F

WILL THERE BE PHOTOGRAPHERS ?

There will be official photographers taking pictures during the event. Event pictures will be made available on the event website and our facebook page.

HOW DO I GET MY RACE RESULTS ?

Provisional results will be printed out and published at the Information Counter after the last finisher of the race, and will be made available online after the event. Please note that the race timings will be further validated and the finalised results will be published on the website within 24 hrs after the event.



OPEN WATER 2015

Learn more on swimcities.com

Follow us on social media @SingapSwimStars

