

26th International

SELF-TRANSCENDENCE

Marathon Swim

Rapperswil–Zurich

August 4th 2013

**Distance: 26.4 km for
solo swimmers and relay teams**

**Race entry starts on
Oct. 15th until Nov. 15th 2012**



Date:	Sunday, August 4th 2013
Race briefing:	Saturday afternoon in Rapperswil. The race informations will be on our homepage 15th of December.
Start time:	• Solo swimmers: 7.00 a.m. • Relay teams: 7.20 a.m.
Start:	Rapperswil, Lido "Schlossbadi"
Finish:	Zurich, Strandbad (lido) Tiefenbrunnen, Bellerivestrasse 200
Distance:	26.4 km – can be equivalent to over 30 pool-km (dependent on the weather conditions)
Cut-off:	12 hours for individuals / 11,5 hours for relay teams (two cut-offs, see rules)
Minimum age:	• solo swimmers must be 16 on day of competition • relay team swimmers must be 14 on day of competition
Entry fee:	• Solo: CHF 190.– • Relay: CHF 290.– Included: food (before and after the swim), hot showers, t-shirt, results, certificate and medal.
Boat:	• CHF 220.–. The swimmer will be accompanied throughout the race by a kajak, row boat or motor boat. It is permitted to bring your own boat, see separate informations!
Payable:	After your starting place is confirmed, latest until March 31st 2013. Account details you will get with the race informations.
Race entry:	Please read the informations "How to register". Attention: limited starting places! Change of category (wetsuit) is not possible. Swimmers who need a visa must have it until May 31st 2013 .
Cat. without wetsuit:	• Main categories men and women: up to 39 years • Master men and women: 40 years and over
Categories with wetsuit:	• Main categories men and women: up to 39 years • Master men and women: 40 years and over
Categories relay teams:	• Relay teams without wetsuit • Relay teams with wetsuit

More pictures and impressions you will find under ch.srichinmoyraces.org



Water: The lake is clean and usually calm. Small waves from boats and wind are usual.
Temperature 18–25 C°.

Prizes: Prizes will be given to the first 3 swimmers in each category. Each swimmer who completes the race will receive a medal.

Rules for solo swimmers:

1. Swimmers must not use any type of floatation aid (boards, fins, poolbuoys etc.).
2. Pacing is not allowed.
3. Swimmers may grease up before the swim.
4. Swimmers must not touch the boat while swimming.
5. Swimmers must organize their own food, grease and helper.
6. Swimmers who have not passed Meilen (14,3 km) by 1.30 p.m. or the Küsnachter Horn (21,8 km) by 5.00 p.m. or reached the finish until 7 p.m., will be taken out of the race.
7. High-tech swimsuits are not allowed. The swimmers must wear classical textile swimwear. Only in the neopren category swimmers are allowed to wear wetsuits.

Rules for relays:

1. The same rules as above apply.
2. Two or three people per relay team, independent of sex, age or nationality.
3. Swimmers must change every hour.
4. The order of swimmers must not be changed.

Rules will be observed: The captains and members of the Sri Chinmoy Marathon Team will ensure that rules are observed.

Security: if possible please bring a mobile phone with you so that your boat can always be in contact with our medical and helper boats.

Insurance: is the responsibility of each swimmer. The organizers are not responsible for theft, accidents, illness or death that may occur before, during or after the race.

Organisation: Sri Chinmoy Marathon Team, Zurich, Switzerland.

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Attention: The organizing committee may change the starting time, the distance of the race or even cancel the race if the weather conditions are unfavourable (storm).
The entry fee cannot be refunded.



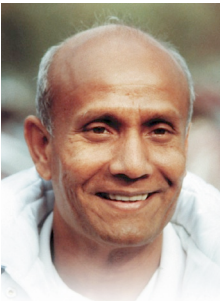
The Sri Chinmoy Marathon Team Zurich



Apart from the Marathon Swim the Sri Chinmoy Marathon Team organises worldwide triathlons, 2 mile races, marathons and ultra-marathons up to 3100 miles.

www.srichinmoyraces.org/ch

Bild: Kedar Mehan



« Inner poise
Is absolutely needed
To meet with
Outer challenges. »

SRI CHINMOY



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Map of Lake Zurich

