

28th International

SELF-TRANSCENDENCE

Marathon Swim

Rapperswil–Zurich

July 26th 2015

**Distance: 26 km for
solo swimmers and relay teams**

**Race entry starts on
Oct. 15th until Nov. 15th 2014**



Date: Sunday, July 26th 2015

Race briefing: Saturday afternoon in Rapperswil.

Start time: • **Solo swimmers:** 7.00 a.m. • **Relay teams:** 7.15 a.m.

Start: Rapperswil, Lido "Schlossbadi"

Finish: Zurich, Strandbad (lido) Tiefenbrunnen, Bellerivestrasse 200

Distance: 26 km – can be equivalent to over 30 pool-km
(dependent on the weather conditions)

Cut-off: 12 hours for individuals / 11 3/4 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 12 on day of competition

Entry fee: • **Solo:** CHF 190.– • **Relay:** CHF 290.–
Included: food (before and after the swim), hot showers, t-shirt, 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 2015.
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 2015**.

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. Often there are small waves from boats and wind.
Temperature 18–25 C°.

Prizes: Prizes will be given to all solo swimmers and the first 3 Teams.
Each swimmer who completes the race will receive a medal and certificate.

Rules for solo swimmers:

1. Swimmers must not use fins, wetsuits, boards, pull buoys, paddles etc.
2. Pacing is not allowed.
3. Swimmers may grease up before the swim.
4. Swimmers must not touch the boat and must not go on land.
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 4.30 p.m. or reached the finish until 7 p.m., will be taken out of the race.
7. The swimmers must wear classical textile swimwear according to FINA open water rules.
Only in the neoprene category swimmers are allowed to wear non-textile suits.

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.



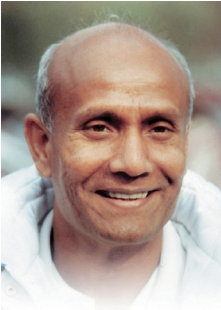
The Sri Chinmoy Marathon Team Zurich



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

ch.srichinmoyraces.org

Bild: Kedar Meen



«When we live in the heart,
There is no such thing
as impossibility.»

SRI CHINMOY



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Map of Lake Zurich

