

# 26. Int. Self-Transcendence Marathon-Swim

## 26.4 km Rapperswil-Zürich 4. August 2013

Dear Captains

You find here all the informations to guide your swimmer safely to Zurich.  
Thank you for your great support.

**Please read this informations carefully and take them on the boat!**

If you like, you can also come to the race briefing on Saturday:

For the swimmers it is compulsory. In English at 3.30 pm, in German at 5.00 pm

At the HSR, Hochschule für Technik, Oberseestrasse 10, Rapperswil, House 5, Room 5.001.

### Timetable

**Boats for the solo swimmers go to the start at "Schlossbadi".**

**Boats for the teams go to the harbour.**

The swim will take place by any weather except storm (see below).

⊕ **Please come to the "Schlossbadi" on Sunday morning between 5.45 – 6.15 h**

⊕ **For teams to the harbour between 6.00 – 6.30 h**

⊕ You will get an orange balloon, please fix it well visible to the boat.

Don't blow it up too much, the balloon will grow in the sun....

⊕ Fix the numbers to the side of the boat, in a way that they do not turn over by the wind.

The number has to be readable all the time (you may use tape).

⊕ Coffee and breakfast are ready for you.

⊕ Load the luggage of your swimmer and leave for the start.

⊕ **Leave latest at 6.45 h**

⊕ **7.00 h Start for solo swimmers**

⊕ **7.15 h Start for teams**

⊕ **Cut-off in Meilen (14.3 km) at 1.30 pm** (see rules)

⊕ **Cut-off at Küsnachter Horn (21.8 km) at 5.00 pm**

⊕ 7.00 pm race closing time

⊕ A nice buffet is ready at the finish.

If you have any questions please call:

056 496 28 40 or +41 77 418 77 11.

Kind regards



Vallabha René Kaul

## Important stuff for the boat!

- ⊕ Bring your Mobile phone and store it safely.
- ⊕ Umbrella for sun and rain protection, sun cream, hat, sunglasses, food, water, towels
- ⊕ in case of bad weather: warm clothes, rain jacket and pants.
- ⊕ We have four security boats on the lake:
  - 1 Medical-Boat: for medical problems (under cooling, exhaustion, etc.)
  - 2 Referee-Boats: for security and referee-questions (rules)  
or by problems with the boat
  - 1 Press Boat for video and pictures
- ⊕ There is a doctor and helpers at Meilen.

## On the lake

- ⊕ **Boats with an engine must be all the time 150m away from the shore**  
It's not allowed to drive less than 150m along the shore, the police will check this.  
Rowing boats and kayaks can be closer to the shore.
- ⊕ To be in the perfect line with your boat, always steer to the next land-point.  
Important is also to look back to the last land-point to see if you are in the line.
- ⊕ Ask your swimmer in which position he wants to have the boat.  
The boat is leading the swimmer, not the other way around.
- ⊕ **In case your boat crew needs a toilet stop and goes on land, make sure you leave the swimmer at a place where there is no harbour (boat traffic) and no landing stage.**
- ⊕ If your swimmer has to give up:
  - 1. Call the Medical or Referee boat
  - 2. Take him on the boat
  - 3. Drive him to Meilen or to the finish

## Ferry in Meilen

- ⊕ **Important: drive close (150m) to the shore at this place**
  - 1. It is the shortest distance!!!
  - 2. The swimmer can pass the fastest and safest when he is close to the shore
  - 3. We take the time there.

Two boats of our organization will regulate the traffic there. They will tell you when you can pass.

## What to do in case of a storm?

When the weather changes for the worse the orange lights of the coastguard are flashing.

### In the morning:

Take the swimmer on the boat, drive to the harbour or go out to be away from the shore. The start will be delayed or moved in direction Zurich or the whole swim might be cancelled.

### During the day:

#### Stage 1 – Pre-warning

The lights are flashing 40 times per minute and warning from the possibility of an upcoming storm.

#### What to do?

Check out where the next harbour is and watch the weather development.

Even if stage two is not flashing the lake can be too rough. The swimmer may not move or the boat may be in trouble. In this case the swimmer and captain have to decide to interrupt the swim. In case the swimmer has to be taken on board, he can continue but he will be officially disqualified.

When there is a thunderstorm with lightning close by you have to take the swimmer on the boat! Even when the coast guard lights remain at the pre-warning.

#### Stage 2 – Storm-warning

The lights are flashing 90 times per minute and announce an immediate storm.

***The race is officially interrupted!!!***

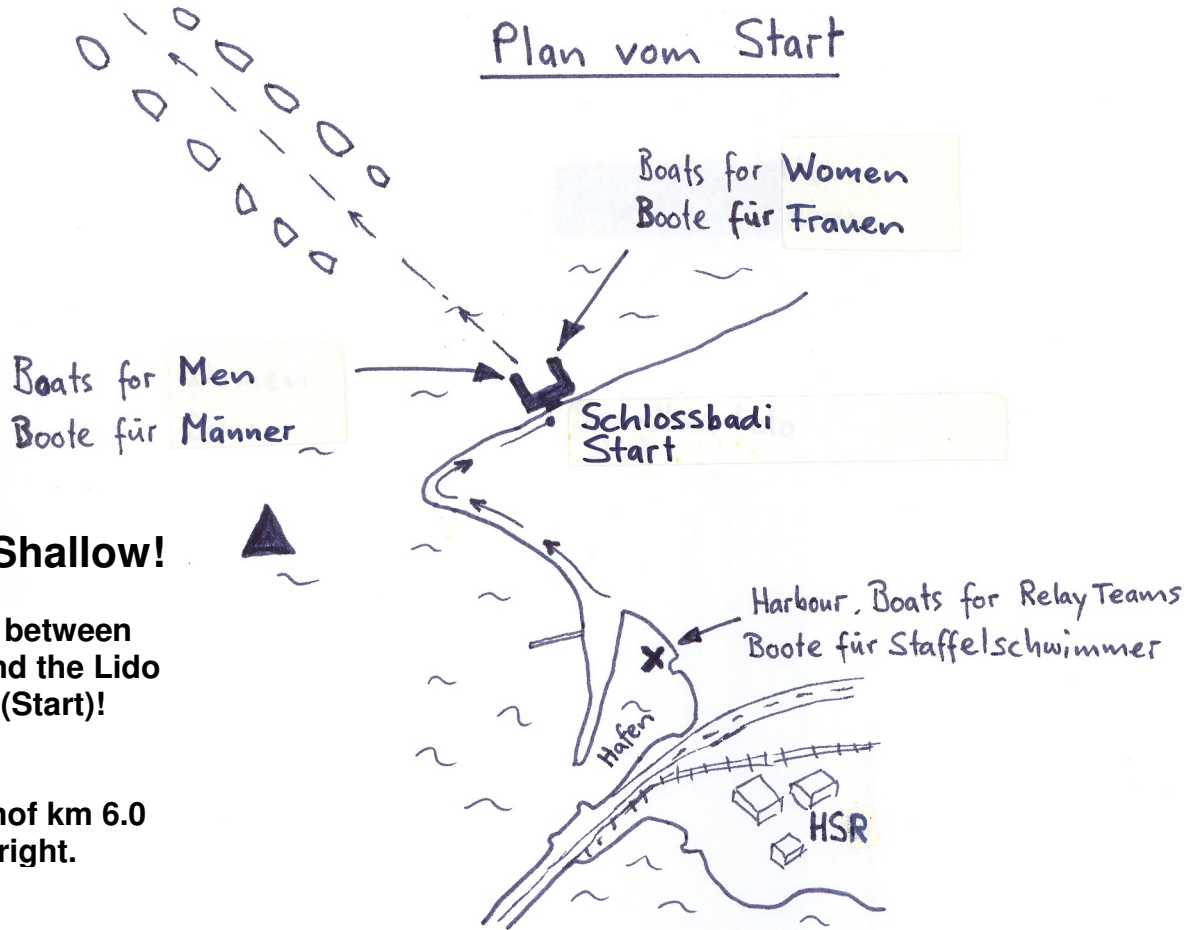
#### What to do?

Take the swimmer on the boat and drive in the next harbour.

**All clear signal / continuation of the race:** The race is open again when the lights are going back to 40/min or when they stop.

There will not be a timing or official ranking in case of an interruption. Cut-offs remains.

## Plan vom Start



### Warning Shallow!

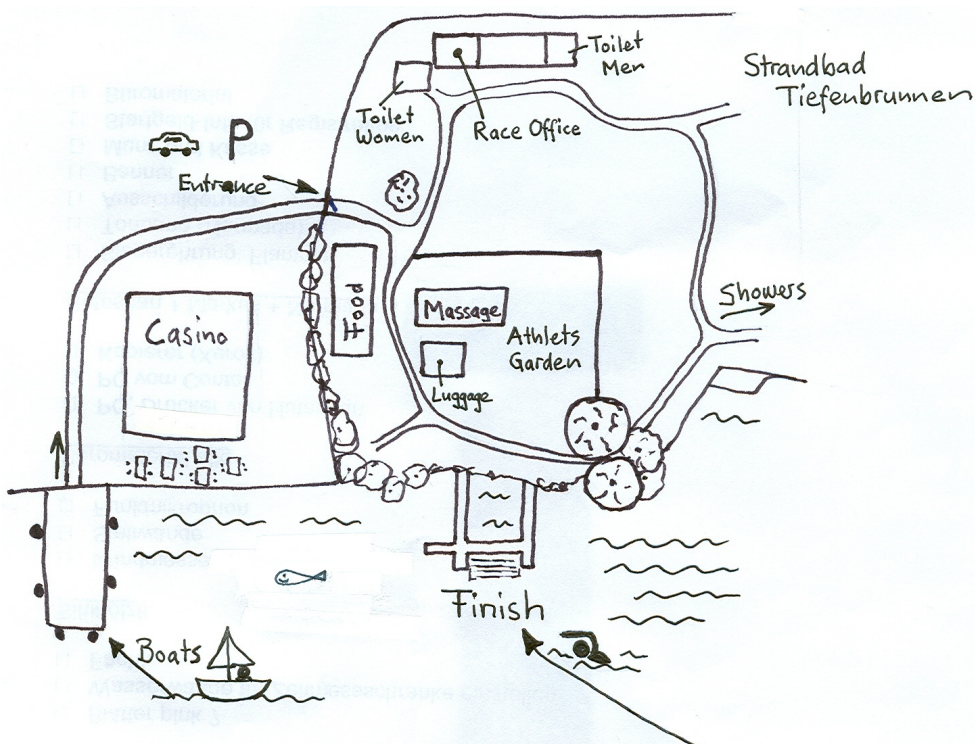
Shallow lake between the harbor and the Lido Schlossbadi (Start)!  
Drive far left.

Also at Kehlhof km 6.0  
Drive on the right.

### View from the lake to the finish



### Map of the finishing area



### Warning for boats!

**Do not drive into the Lido!**

The last 200m the swimmers are swimming together without boat.

It is too dangerous to drive into the Lido because many swimmers from the Lido are swimming there.

**Drive to the landing stages on the left!**

# Rules

# Hand over this sheet at finish.

The boat drivers are responsible that the rules are being observed. Breaking the rules must be reported to the referee!

## 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. The swimmers are **not** allowed to swim directly behind the boat (drafting).
6. Swimmers must organize their own food and helper.
7. High-tech non-textile racing suits are not allowed. The swimmers must wear classical textile swimwear (max. knee length). Like the FINA rules. Only in the neoprene category swimmers are allowed to wear non-textile racing suits.
8. Swimmers not passing Meilen (14.3 km) at 1.30 pm **or** the "Küsnachter Horn" (21.8 km) at 5.00 pm will be taken out of the race.
9. Time limit: 12 hours

## Rules for relays

1. The same rules as above apply, except point 3 and 9.
2. 2 - 3 persons per relay, independent of sex, age or nationality.
3. Swimmers must change **every hour**.
4. They have to change within the last 3 minutes of each hour.
5. The takeover must be done by approaching the swimmer from behind.
6. The order of swimmers **must not be changed**.
7. If one swimmer drops out, he cannot be replaced. The remaining swimmers can finish the race.
8. Swimmers must **not** use grease.
9. Time limit: 11 hours 30 minutes

## Rules for open category with wetsuits (solo swimmers + relays):

1. The same rules as above apply.
2. Exception: Swimmers are allowed to use swim- and wetsuits. Swimming without wetsuit is allowed.
3. Wetsuits are not allowed when the water temperature rises above 24.5 C.

## Please fill out and hand it over at the finish.

Name of the swimmer / the team: \_\_\_\_\_

Intermediate time in Meilen: \_\_\_\_\_

Finishing time in Zurich: \_\_\_\_\_

Comments: \_\_\_\_\_

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I confirm herewith that the rules were observed.

Observer: Name \_\_\_\_\_ Signature \_\_\_\_\_