

**27<sup>th</sup> International**

**SELF-TRANSCENDENCE**

# **Marathon Swim**

**Rapperswil–Zurich**

**August 10<sup>th</sup> 2014**

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

**Race entry starts on  
Oct. 15<sup>th</sup> until Nov. 15<sup>th</sup> 2013**



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**Date:** Sunday, August 10th 2014

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**Race briefing:** Saturday afternoon in Rapperswil.

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

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**Start:** Rapperswil, Lido "Schlossbadi"

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

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**Distance:** 26.4 km – can be equivalent to over 30 pool-km  
(dependent on the weather conditions)

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**Cut-off:** 12 hours for individuals / 11,5 hours for relay teams (two cut-offs, see rules)

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**Minimum age:** • solo swimmers must be 16 on day of competition  
• relay team swimmers must be 14 on day of competition

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

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**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!

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**Payable:** After your starting place is confirmed, latest until March 31st 2014.  
Account details you will get with the race informations.

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**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 2014**.

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**Cat. without wetsuit:** • Main categories men and women: up to 39 years  
• Master men and women: 40 years and over

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**Categories with wetsuit:** • Main categories men and women: up to 39 years  
• Master men and women: 40 years and over

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**Categories relay teams:** • Relay teams without wetsuit  
• Relay teams with wetsuit

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More pictures and impressions you will find under [ch.srichinmoyraces.org](http://ch.srichinmoyraces.org)



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

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

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**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 at anytime during the swim.
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.

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**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.

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

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**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.

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**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.

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**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.

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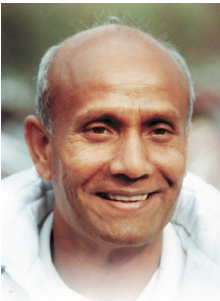
# The Sri Chinmoy Marathon Team Zurich



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](http://ch.srichinmoyraces.org)

Bild: Kester Mean



«Where is the greatest victory?  
The greatest victory lies  
in self-discovery.»

**SRI CHINMOY**



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## Map of Lake Zurich

