



Conduct of the Foster Lake Cable Swims

- **Seeding:** Accurate seeding is important to you! If you seed fast, you will be swamped by swimmers from the waves behind you. If you seed slow, you will have to pick your way through swimmers in the preceding waves. For seeding, you use a 1650-yard or 1500-meter time from a pool swim, or a 1500-meter time from an open water swim. Use a real time, not an estimate, and make no adjustments. “No Time” entries will NOT be accepted.
- **Check-in:** When you arrive at the venue, visit the Check-in Table before the deadline to check in, pick up your cap & other goodies, and get your race number inscribed on your arms. Missing the check-in deadline makes you subject to scratch!
- **Warm-up:**
 - Before the Pre-Race Meeting and between swims, warm up in the direction of the next swim to avoid collisions. You may also warm up in the enclosed public swim area.
 - During the swims, please warm up and warm down in the enclosed public swim area to assist safety coverage and avoid conflicts with the swim. Stay off the course!
- **Pre-Swim Meeting:** The safety and informational meeting on the beach before each swim is MANDATORY. Finish your warm-up and show up for the Pre-Swim Meeting READY TO SWIM. Marshaling for the swim will begin immediately after the meeting.
- **Heat & Wave Marshaling:**
 - When you are called for marshaling, go to the cable mockup line on the beach immediately. Know your wave & position number (like knowing your heat and lane number at a pool meet); write it on your hand if necessary.
 - During marshaling, order yourselves into waves in seed order. Like auto racing, the fastest seeded swimmer in each wave has the ‘pole position’ next to the cable, with subsequent seeds located progressively farther from the cable. Meet and chat with the other swimmers in your wave; you are likely to spend some time with them during the swim, as they are seeded closest to you.
 - Event staff will confirm your wave & position, check your swimwear, and take the final safety count to determine how many people will enter the water. Help them by staying put.
 - When told, enter the water with your wave and move towards the starting line. Stay with your wave and keep waves about 10 yards apart to reduce confusion. After each wave starts, each succeeding wave will move closer to the starting line. Soon your wave will arrive at the line, ready to go.
- **Starting:**
 - The starting line is a yellow rope above the water, also marked by a red & white buoy on the cable. Your head & torso must remain behind this line before the starting signal. If there is a false start, the officials will not recall the heat, but the swimmer(s) who leaves early will have the rude surprise of being notified of disqualification after the finish.
 - Each wave will start exactly 20 seconds apart.
 - The Starter will confirm the wave number, then count seconds down “3-2-1” before starting. The starting signal will be a blast from a whistle a drop of a green starting flag.

- To avoid the inevitable congestion after the start, swimmers might consider swimming straight ahead and delay sliding towards the cable until congestion thins.
- **Swimming:**
 - Passing: Gain some room before cutting in front of another swimmer. Failure to give appropriate distance makes you liable to disqualification for impeding.
 - Turning:
 - ◆ The pole is the turnaround point. Round the pole! Turn judges will be watching.
 - ◆ If you find yourself directionally disoriented after a turn, slide away from the cable to let others pass. With heavy crowds expected at the turnarounds, avoid swimming breaststroke for everyone's safety!
 - Assistance: Rules prohibit resting or pulling on anything, including the cable, buoys, buoy lines, other lines, posts, and safety craft. Using that assistance makes you liable for disqualification.
- **Approaching the Finish:** For the last 40 yards of your swim, you will be in a chute that narrows to the finish line. Aim for the finish board and swim straight! Every swimmer approaching the finish deserves an unobstructed lane to the finish; impeding other swimmers by cutting them off in the chute is the most common disqualification even in international races. Judges will be watching.
- **Finishing:** As you swim through the finish line, you **MUST** reach up and tap the finish board suspended above the surface—no touch, no finish! A gentle tap will do just as well as a hard one.
- **After Your Finish:**
 - Get out of the way immediately! Continue swimming through and beyond the finish line. There will probably be swimmers right behind you, all of whom deserve to finish unobstructed.
 - Immediately after your finish, a finish judge located in the water will hand you a numbered tongue depressor. This is not a race souvenir! Take this tongue depressor to the beach promptly, and the race recorder will take your stick, race number, & name to confirm correct finish order.
 - Do not go back onto the course for any reason! Warm down in the enclosed public swim area.
- **Results:** The results of each heat will be posted as soon as they have been compiled. Please be patient. You will have 30 minutes after results are posted to protest finish order if necessary.
- **Awards:** Awards will be distributed after the results have been consolidated & posted. Please be patient.
- **Lunch:** Enjoy!