

SWIM

The Swim. For some this is the best part of a tri because it is over in a flash, for others it is the bit they dread the most! We have compiled a list of questions and answers below that we hope will help you on your way to training for and enjoying the Generation Homes Women's Triathlon experience!

What is the most important thing about the swim?

Do not let the swim put you off this event! Do not panic! It is the smallest part of the triathlon and our goal is to get you through it. We want every competitor to complete the swim and go on to finish their day. We will help where we can and we have safety officers on the water to keep an eye on you and help when needed.

How deep is the water?

The depth of the water is about waist deep, depending on the tide and your position at the start line. The water will be deep enough to swim but not too deep as to make you worry! The 400m is swum parallel to the shoreline; if you feel confident and wish to swim a little further out you can, likewise if you want to swim a little closer to the shore that is fine too! The aim is that competitors will swim and stand as necessary but there is not to be any walking for the duration. You can dolphin dive if you wish.

How do I know when to start?

The swim is started in 'waves' in accordance with your cap colour and will go every 2 minutes. Waves are allocated according to your choice when you enter. Each wave is allocated a colour that matches the swim cap you will be given in your race pack e.g. Wave blue will be all the competitors with blue swim caps.

By making the 'waves' two minutes apart it will allow competitors sufficient time to swim without feeling like there are others going to swim over them. You can relax and have your own race and not worry about those other competitors behind you. It will also help to keep the transition area more clear and manageable.

Do I need to wear a swim cap?

Yes, you are required to wear the swim cap provided in your race pack. This is a safety measure and you must wear your cap at all times during the swim.

What happens if I get into difficulty or need help?

Firstly if you find yourself panicking and need help, stop and raise your hand straight up in the air. The water safety crew will then be able to identify you and come to your assistance. They will help you to settle, you can stand in the water for this to happen and then carry on your swim once you feel confident again. The aim is for everyone to finish the swim so they can move onto the bike leg.

Can I change my wave allocation?

Yes, once you have entered you can change your wave allocation by e-mailing us at info@trichicks.co.nz. But you will need to do this as early as possible as the waves will fill quickly.

We will not accept wave changes, where the wave you are wanting to change to is full or any changes at all after Friday 17 February 2017.

What do I do if I need glasses for the swim?

You can leave them with a supporter who can hand them to you as you move past at the end of the swim. The supporter must not be in anyone else's way and are asked to stand behind the cordoned off area. If you do not have a supporter present at the event you can ask a marshal to do the same for you, just make sure to put a name tag on your glasses.

What type of swim stroke can I use?

Freestyle is encouraged but you can complete the swimming section in any stroke you feel most comfortable; breaststroke, side stroke, back stroke or even doggy paddle - whatever works for you! The goal is that you make forward progression by swimming as much as possible, not walking. We strongly encourage all participants to practice swimming the full 400m several times before the event.

A competitor may stand on the bottom or rest by holding an inanimate object such as a buoy or stationary kayak however a competitor may not use the inanimate object to gain an advantage.

We will be holding some training sessions prior to the event which you can come and join in and swim the same course as will be on the day. Please check out the **Training Tab** at www.trichicks.co.nz for these training session details.

Do I need a wetsuit?

No. You definitely don't need a wetsuit. However you may appreciate the added warmth and buoyancy they can give you. If you do choose to wear a wetsuit remember that they can be tricky to remove; make sure you slip on some baby oil or Vaseline around your calves and ankles before you put the wetsuit on so the wetsuit slips off with the greatest of ease. Be sure to have some Wet Ones handy to wipe your hands afterwards - especially before you touch your goggles!

Can I use equipment or a floatation device?

No fins, paddles, snorkels or floatation devices of any kind are permitted.