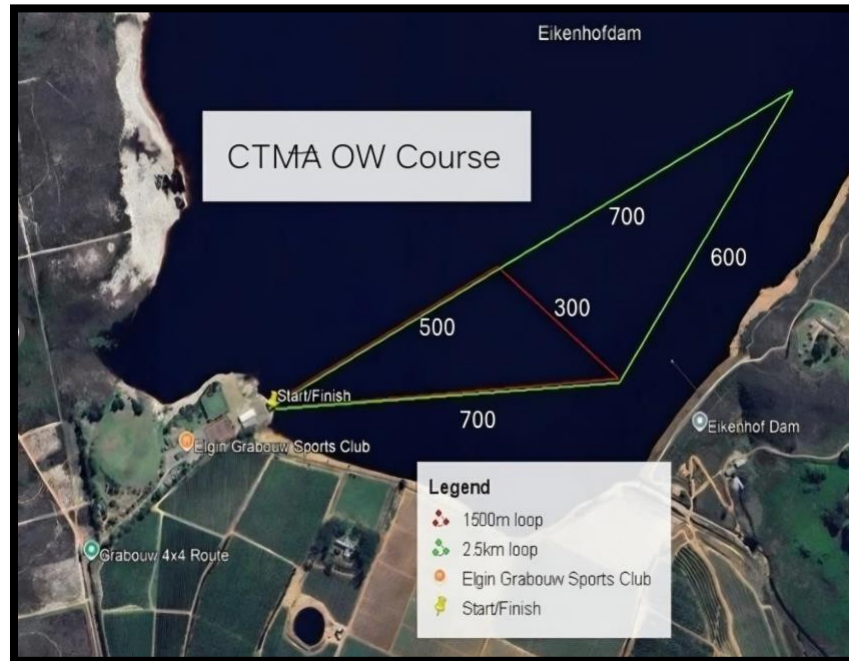




Date: November 16th, 2025

Location: Elgin Sporting Club – Grabouw (Google address below):

<https://maps.app.goo.gl/7YP9vmy7uigruaYJ8>

Please note that the venue will be open from 06:50.

Race Briefing: You will be verbal briefing at the start before your swim.

Water Safety: Lifeguards are on the water at all times during all events.

Medics will also be present at the event.

Should any water safety personnel deem it necessary that a swimmer must be taken out of the water, they will do so and bring them back to the finish and will be checked by the medics.

Race Number Marking: You will have your race number marked on both hands, arms, and the top of your back/shoulder blades.

You will not be able to enter the water unless your race number is clearly visible

Wet Suits: Can be worn if required. Please note if you are wearing of a wetsuit, you will be placed into the wetsuit category for results purposes.

Food & Drinks: No Food or drinks(alcohol) may be brought onto the premises. The restaurant offers a varied Halaal friendly menu, please take advantage of that through the day.

What to Pack: Pack everything you will need to complete a successful swim!

Remember to look at the weather predictions and ensure you have suitable clothing for afterwards

Sunday 16th November 2025

- **10km/7.5km/5km Race Information:**

Warm-up / Registration: 06:00 – 07:00

Race briefing: 07:20 – 07:40

Race Line up: 07:45 – 07:55

10km/7.5km/5km Race start: 08:00

- **3km Race Information:**

Warm-up + Registration: 09:00 – 10:00

Race briefing: 10:15 – 10:30

Race Line up: 10:45 – 10:55

3km Race start: 11:00

- **1.5km Race Information:**

Warm-up + Registration: 11:00 – 12:00

Race briefing: 12:15 – 12:30

Race Line up: 12:45 – 12:55

1.5km Race start: 13:00

- **500m Fun Swim Information:**

Warm-up / Registration: 12:00 – 13:00

Race briefing: 13:15 – 13:30

Race Line up: 13:45 – 13:55

500m fun swim start: 14:00

- **Race closure 15:00**