

LIFESPAN 007 OPEN WATER FESTIVAL UPDATE

Swimmers / Coaches / Supporters:

Today (Nov 3) is the final day to register to benefit from the discounted rate of \$1,000.00

We will be accepting registrations up until Sunday 8:00 a.m. at James Bond Beach. Late registration cost is \$1,500.00.

The following are some timelines for Sunday's race:

- 8:00 am – 8:35 am All swimmers will be required to do medical check
- 8:45 am Roll Call and briefing of entrants
- 8:55 am Swimmers assemble at the starting line
- 9:00 am Start

We will be doing a staggered start, beginning with 5 K swimmers – 2 K 1 K. The stagger will be 2 – 3 mins

All swimmers will be issued with a numbered swim cap and their competition # will be marked on their back & arm.

Volunteers are sought to assist with the open water swim – Time Keepers, Finish Judges, Turn Judges, Registration, Refreshments etc.. If you are interested in volunteering, please confirm with either Allan Marsh amarsh164@hotmail.com ; Kendis Nangle knangle@jpsco.com or Carol Cuffley carolcuffley@yahoo.com

On Friday November 4th we will be having a meeting of all volunteers at the National Aquatic Centre beginning at 5:30 pm.

Volunteers will be transported at no charge, with the bus departing the National Aquatic Centre, Independence Park at **5:30 am on Sunday morning. Volunteers will also be provided with a meal, hydration and T-Shirt.**

A return Transportation Fee of **\$1,000.00 per person** will be charged for all swimmers and spectators who wish to travel by bus from the National Aquatic Centre. **The Bus will be departing the National Aquatic Centre at 5:30 am on Sunday morning. If you are planning to travel with the bus, please pre-register with Carol Cuffley at the National Aquatic Centre or email carolcuffley@yahoo.com**

If you require further details on the Lifespan 007 Open Water Festival please contact Alan Marsh at 579 6171 or email amarsh164@hotmail.com.

Allan Marsh
November 3, 2016