



# PROTARAS SWIMRUN CYPRUS

## ATHLETE GUIDE

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# WELCOME TO PROTARAS SWIMRUN CYPRUS

## SWIMRUN

SwimRun is a unique and challenging adventure sport where athletes compete by alternating between running and swimming on a challenging course covering trails, beaches, ocean, cliffs, rocks, and paths. Athletes must complete the entire course through tough terrain to beat the course and reach the finish line.

PROTARAS SWIMRUN is Cyprus first official SwimRun event. The challenging course is located in the beautiful resort of Protaras and Cape Greco national forest park, with beautiful views of sparkling seawaters, powdery white sands and its natural wonders. Protaras SwimRun is a challenging event where you alternate between swimming and running on a course from Protaras resort to the easternmost point of Cape Greco national park and back. Protaras SwimRun crosses sandy beaches, nature paths, crystal clear waters, trails and has challenging entry and exit points. There are currently 3 distances. The long course of 19 km and the short course of 13 km, and the Experience course of 5 km, mixed between swimming and running. Start and finish for both distances are in Protaras resort.

## THE SWIMRUN CYPRUS TEAM

# PRE-RACE INFORMATION

## COMMUNICATION PLAN

Be sure to establish a communications plan with family and friends back home. Make sure you have entered a valid emergency contact number upon registration and share the race day emergency contact listed below with those who may need to reach you in an emergency.

### Race Day Emergency Contacts:

George Demetriades 0035799222426

George Pengas 0035799550614

## RACE BIB DISTRIBUTION & RACE BRIEFING

Race BIB distribution will be on Saturday 12/10/2024 from 16:00 to 18:00.

Race briefing will be on Saturday 12/10/2024 18:00-19:00.

A short briefing will take place early in the morning on the race date.

Race BIB distribution will be available also on Sunday 13/10/2024 from 06:00 to 07:00 at the Start/Finish zone.

Please note that race BIB distribution is only open during the designated times and if you do not pick up your BIB during that time you will not be permitted to race.

Your race packet includes : swimming cap, emergency whistle and race bib.

Race bibs must be worn visible all the time during the race.

Swim caps must be worn visible during all the swims.

Emergency whistle should be carried on all time during the race.

# RACE DAY INFORMATION

## RACE MORNING PROCEDURE

Start/Finish line is located at the parking lot next to Capo bay hotel.

## RACE START TIMES SUNDAY 13TH OCTOBER 2024:

08:00am All Athletes.

Remember to bring your, ID, mandatory equipment given by the organizer, such as emergency whistle, swimming caps and BIBs.

## AID/FEEDING STATIONS

There will be 4 Feeding Stations, the offerings are Nutrition gels and energy drinks/bars as well as water. All stations are equipped with medical supplies.

## LITTERING

The Cape Greco Peninsula belongs to the Natura 2000 network of protected areas. Therefore, littering is strictly prohibited and if any of the athletes found littering the area, will be disqualified.

At each feeding station you will find a trash bin where you can drop your trash, otherwise you will have to carry it until the next available trash bin.

## SWIM ENTRY AND EXIT POINTS



These will be marked with flags or beach flags. All athletes must pass through these points. There will be marshals at these points marking off athletes as you pass through.



# SWIM SECTIONS

## SUMMARY

Please make sure you look carefully at the race maps of the course prior to the race. All entry and exit points will be clearly marked with flags/beach flags. The water temperature is expected to be approximately 25C degrees. There is usually no surf, but you may encounter small swells parallel to the course. Wind chop does not usually occur early in the morning. Current varies but are usually weak. If you need assistance during a swim section, raise your arm, use your whistle and signal to closest water safety personnel.

WARNING: Always enter swim sections with feet first. Also be aware of currents, underwater obstructions, tides, rip currents, rocks and marine life.

## SWIM SECTIONS RULES AND INSTRUCTIONS

- Each athlete must wear the official Protaras SwimRun swim cap.
- Each athlete should carry with him the emergency whistle.
- Floatation help that is bigger than 100 cm x 60 cm is NOT allowed.**
- Swim fins are NOT allowed if the fin is longer than 15 cm.** Measurement is from the toe to the end of the fin.
- Athletes are required to stay on course. Failure to do so may result in disqualification.
- An athlete having trouble and in need of assistance shall raise arm, use whistle, and call for assistance.

There will be volunteers available throughout the racecourse to assist you in case of a medical emergency. A medical tent will be located at Start/Finish area.

The Protaras SwimRun swim sections are open water swims, and each athlete is expected to have the ability and fitness level to complete each swim section.

# RUN SECTIONS

## SUMMARY

Please make sure you look carefully at the race maps of the course prior to the race. The air temperature is expected to be approximately 24C degrees. All routes will be clearly marked with colored ribbon and A4 size arrow signs. Always pay attention to the public, traffic and other race contestants. Roads are not closed for the public, so be aware of what is going on in your surroundings. Please pay attention to rocks, uneven surfaces and other hazards you may experience during the run. It is required that you always stay within 10 meters of your race partner. If you need assistance during a run section, use your whistle and signal to closest Protaras SwimRun personnel.

## RUN COURSE RULES AND INSTRUCTIONS

-Athletes must wear their Protaras SwimRun issued race bib vest at all times on the course. Bib vests identify the official athletes in the race and folding, cutting or intentional alteration of any kind is STRICTLY PROHIBITED. Shoes are required throughout the entire racecourse.

-It is not allowed to receive assistance from other people than the race organization. Each athlete must make his/her own way from start to finish. It is incumbent upon each athlete to immediately reject any attempt to assist, follow or be escorted.

-Follow the directions and instructions of all race officials and public authorities.

-Please pay attention and show respect to the public, residents of the area and possible traffic. Normal traffic rules apply.

-Littering of any sort is strictly prohibited. Littering will result in immediate disqualification.

-Know the course! Any form of alteration from course map will result in disqualification.

-Roads are open, cross with caution normal traffic rules apply.

# EQUIPMENT

## General about Equipment

All athletes need to bring all their equipment from start to finish, if any fails to bring all their equipment to the finish line they will be disqualified.

## Equipment



-Shoes.



-Wetsuit (neoprene). The use of a neoprene wetsuit is **OPTIONAL**

## Mandatory equipment that the organizer will supply



-Race BIBS must be worn visible all the time.



-Swimming caps must be worn visible all the time during the swims.



-Emergency whistle should be carried on all time during the race.

## Recommended equipment

- Safety buoy
- Nutrition
- Goggles
- Paddles and Pull Buoy
- Tether

## Equipment that is NOT allowed

- Floatation help that is bigger than 100 cm x 60 cm is NOT allowed.
- Swim fins are NOT allowed if the fin is longer than 15 cm. Measurement is from the toe to the end of the fin.



# LONG COURSE 19 KM ROUTE



RUN	1	2000m
SWIM	1	620m
RUN	2	600m
SWIM	2	625m
RUN	3	780m
SWIM	3	290m
RUN	4	1200m
SWIM	4	780m
RUN	5	2440m
SWIM	5	475m
RUN	6	3325m
SWIM	6	475m
RUN	7	3240m
SWIM	7	290m
RUN	8	790m
SWIM	8	625m
RUN	9	200m

ROUTE STATISTICS		CUSTOM LABELS		CATEGORISED CLIMBS	
Distance	18.790 km	Ascent/Descent (Raw)	187 m / 192 m		
Ascent Filter ⓘ	5 m <input type="button" value="-"/> <input type="button" value="+"/>	Ascent/Descent (Filtered)	121 m / 126 m		
Lowest Point ✎	0 m (at 2.25 km)	Highest Point ✎	50 m (at 11.97 km)		
Uphill	6.84 km (36.4%)	Downhill	7.11 km (37.8%)		
Flat	4.77 km (25.4%)	Height Gain	50 m		
Steepest Uphill ✎	+11.1% (at 10.98 km)	Steepest Downhill ✎	-13.3% (at 12.51 km)		
Longest Uphill ✎	0.81 km (at 7.65 km)	Longest Downhill ✎	0.81 km (at 12.15 km)		
Ascent Rate	10 m/km	Descent Rate	10 m/km		

# SHORT COURSE 13 KM ROUTE



RUN	1	2000m
SWIM	1	620m
RUN	2	600m
SWIM	2	625m
RUN	3	780m
SWIM	3	290m
RUN	4	1200m
SWIM	4	780m
RUN	5	4900m
SWIM	5	290m
RUN	6	1300m

ROUTE STATISTICS		CUSTOM LABELS		CATEGORISED CLIMBS	
Distance	13.295 km	Ascent/Descent (Raw)	94 m / 98 m		
Ascent Filter ⓘ	5 m <input type="button" value="-"/> <input type="button" value="+"/>	Ascent/Descent (Filtered)	34 m / 38 m		
Lowest Point ⚙	0 m (at 2.25 km)	Highest Point ⚙	13 m (at 9.27 km)		
Uphill	4.68 km (35.2%)	Downhill	5.13 km (38.6%)		
Flat	3.42 km (25.7%)	Height Gain	13 m		
Steepest Uphill ⚙	+7.8% (at 3.87 km)	Steepest Downhill ⚙	-6.7% (at 3.24 km)		
Longest Uphill ⚙	0.81 km (at 7.65 km)	Longest Downhill ⚙	0.63 km (at 9.90 km)		
Ascent Rate	7 m/km	Descent Rate	7 m/km		

# EXPERIENCE COURSE 5 KM ROUTE



RUN	1	200m
SWIM	1	625m
RUN	2	780m
SWIM	2	290m
RUN	3	1950m
SWIM	3	290m
RUN	4	1050m

ROUTE STATISTICS		CUSTOM LABELS		CATEGORISED CLIMBS	
Distance	5.225 km	Ascent/Descent (Raw)	52 m / 50 m		
Ascent Filter ⓘ	5 m <input type="button" value="-"/> <input type="button" value="+"/>	Ascent/Descent (Filtered)	28 m / 26 m		
Lowest Point ✎	0 m (at 0.27 km)	Highest Point ✎	12 m (at 5.22 km)		
Uphill	1.98 km (37.9%)	Downhill	2.25 km (43.1%)		
Flat	0.99 km (18.9%)	Height Gain	12 m		
Steepest Uphill ✎	+6.7% (at 1.80 km)	Steepest Downhill ✎	-5.6% (at 0.18 km)		
Longest Uphill ✎	0.54 km (at 3.96 km)	Longest Downhill ✎	0.72 km (at 0.00 km)		
Ascent Rate	10 m/km	Descent Rate	10 m/km		

## SAFETY

The race organization can refuse to athletes to continue if they judge them not capable due to fatigue or being in such bad physical condition that continued racing would be to take unnecessary risk.

Roads are open, cross with caution normal traffic rules apply.

Always enter swim sections with feet first.

Follow the directions and instructions of all race officials and public authorities.

## MEDICAL

There will be experienced medical staff available during Protaras SwimRun.

A medical tent will also be located at Start/Finish area. For assistance during the race, use your whistle and signal to closest Protaras SwimRun personnel.

If you are taking any prescribed medications or have any medical conditions that may impact your performance or your treatment, should you require medical intervention it is your responsibility to notify race administration well in advance of race day.

## WAIVER OF LIABILITY

The participants are participating at their own risk and cannot hold the organization responsible for any accident during the race.

More information regarding the rules, terms and conditions and the waiver of liability can be found at [www.swimruncyprus.com](http://www.swimruncyprus.com)

# ORGANIZERS

