



2022 Participant Information Packet

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WE ARE A GREEN TURTLE FRIENDLY RACE!

Bring a reusable water bottle or cup!

Oceana is providing water and in an effort to conserve plastic, protect the ocean and all marine life we are reducing our carbon footprint! Please help us in this quest! We will have no bottled water, so please bring a reusable bottle!

Protect our sea turtle nests!

Please do not stake anything into the sand including tents or umbrellas and stay at least 10 feet away from all sea turtle nests.

Packet Pick-Up:

IF YOU ARE LOCAL WE ASK YOU COME TO PACKET PICK UP, IT WILL REDUCE LINES RACE MORNING. YOU WILL RECEIVE YOUR PACKET WITH IMPORTANT INFORMATION, SWIM CAP AND TIMING CHIP, SO ALL YOU NEED RACE MORNING IS BODY MARKING. IF YOU ARE 21+ YOU WILL RECEIVE A TICKET FOR A FREE DRINK!



Prosperity Brewers

4160 NW 1ST Avenue Suite 21

Boca Raton, FL 33431

Friday, August 5: 4:30 – 7:00 pm

Saturday, August 6: 12:30 - 3:00 pm



RACE DAY Packet Pick-Up:

Spanish River Park: Pavilion 8

3001 N. State Road A1A

Boca Raton, FL US 33431

Sunday, August 7: 6:45 - 7:45 am

Race Schedule:

6:45	Race Day Registration/Packet Pick up, Body Marking
7:50	All participants at beach
7:55	National Anthem, Moment of Silence, Pre-race briefing
8:00	Wave 1: Two Mile Race
8:05	Wave 2: Special Olympics One Mile Race
8:15	Wave 3: One Mile Race
8:20	Wave 4: Half Mile Race
9:00	Mermaid Splash Starts
9:30	Awards, Food, Music

Timing:

This event is being timed by Accuchip Timing. We will have timing chips and an official time will be kept. All participants will be required to get a timing chip prior to the start of the race and wear their timing chip on their **LEFT** ankle. All participants will go over a timing mat at the beginning and the finish. Please check www.accuchiptiming.com for online race results

Awards:

There will be awards given to the top 3 male/female overall and top 3 male/female in each age group per race distance. Age groups are: 9-13, 14-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-over. The lil' mermaid splash will have the top 5 overall male/female only.

Pacing:

You will all line up in the corral according to your pace/100 yard and anticipated finish time. Times will be as follows:

- 1:00 – 1:20 pace/100 yard
- 1:21 – 1:40 pace/100 yard
- 1:41 – 2:00 pace/100 yard
- 2:01 – over pace/100 yard

Race Safety:

This swim is a mass rolling start in each wave (make sure you line up by your PACE, then you will walk over the timing mat to activate your chip and will walk to the water's edge for a gun start) – everyone in the same distance will start together.

- Please warm up and get acclimated to the water and conditions prior to starting.
- Goggles and the provided swim cap for the event are **MANDATORY**.
- May use swim buoy and other approved safety equipment*, if you plan to do this, you must stay towards the back of the pack (questions please contact RD)
*No fins or paddles
- If at **ANYTIME** you feel tired or want to stop, please go to the nearest lifeguard or kayaker you see and we will get you to shore immediately or swim to shore yourself and then check in with timing. You can also just take a break on the lifeguard board until you are ready to return to your swim.
- Sight land and buoy targets carefully. Remember to breathe and stay relaxed. You are MORE important than this race and your health and safety are our #1 concern.

Race Weather:

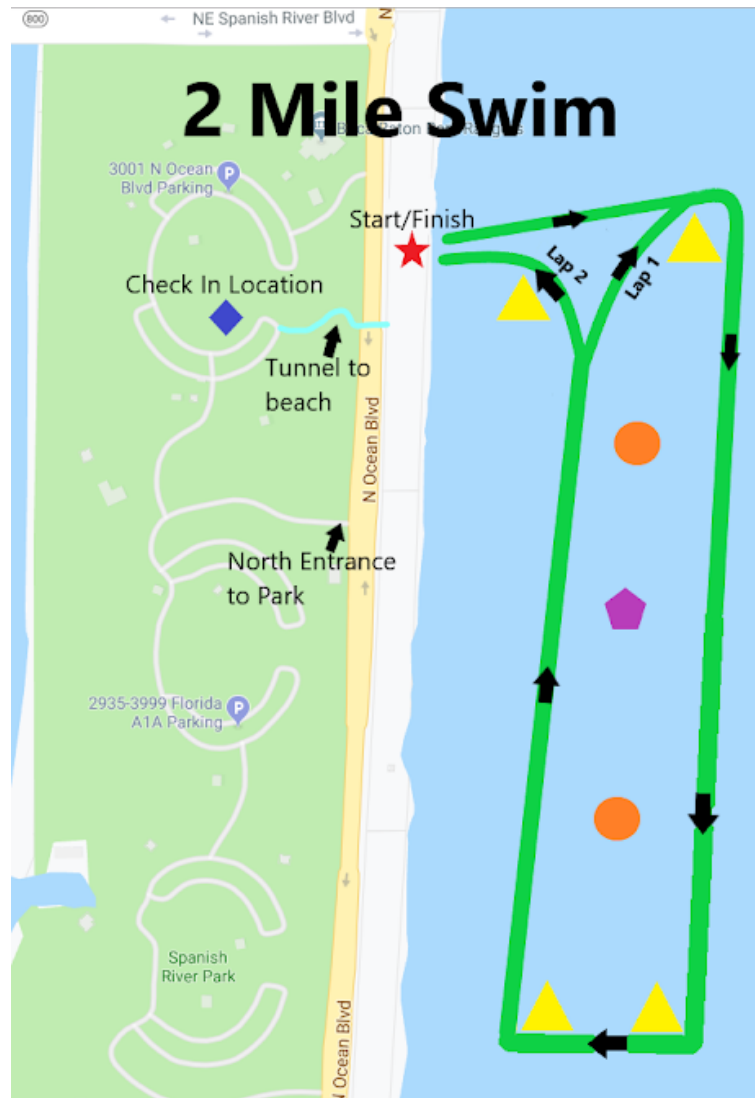
- If there is a strong current, we will change the course to a one-way swim (will update changes race morning)
- If there is inclement weather, the swim will be POSTPONED one hour, if it continues, the swim will be canceled.
- If there are rough seas, the Race Directors and Head Lifeguard will make the call on continuing, postponing or canceling the swim.
- If the water conditions are rough and you do not feel comfortable swimming, please choose to opt out and we can defer your entry to next year. You are MORE important than this race and your health and safety are our #1 concern.

Race Course:

PLEASE REVIEW YOUR RACE COURSE MAP CAREFULLY.

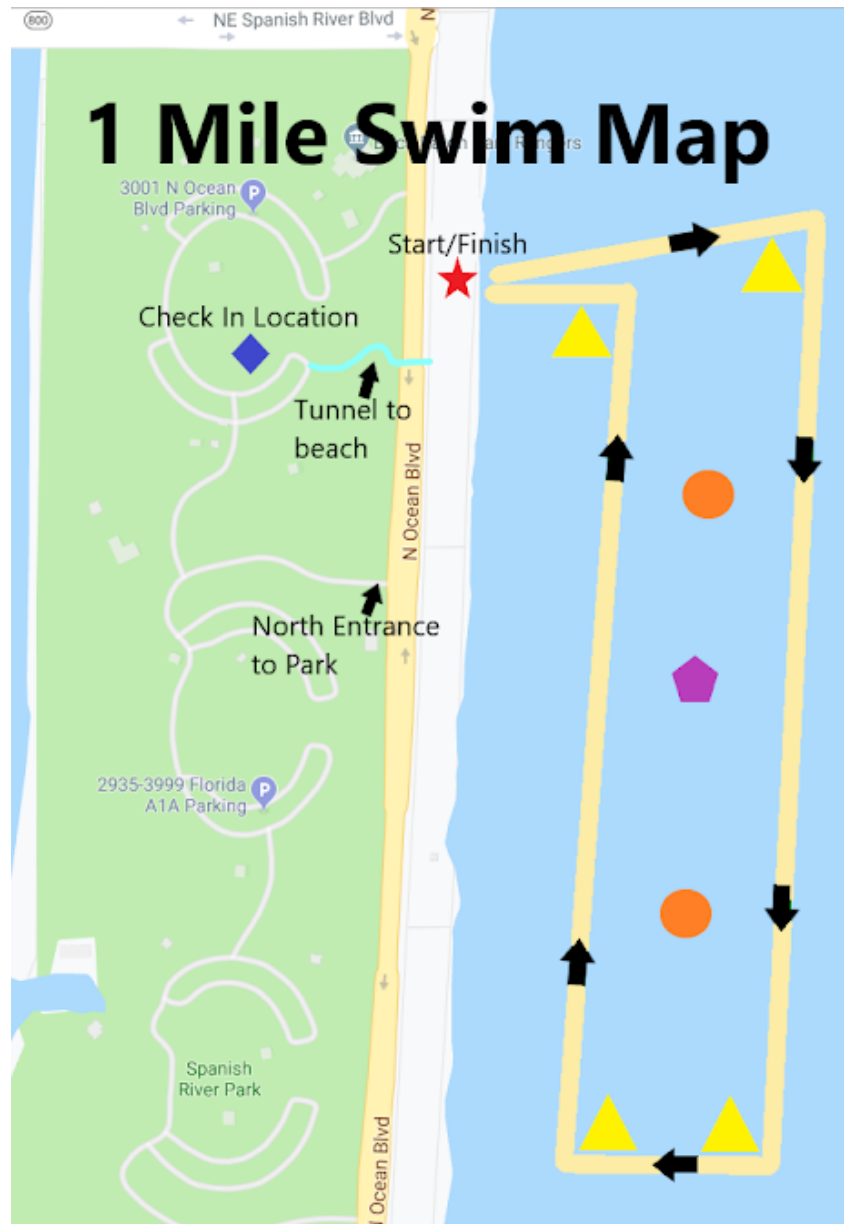
EMAIL WITH QUESTIONS OR ASK RACE DIRECTOR PRIOR TO STARTING RACE!

IF YOU DECIDE TO DROP OUT OF THE SWIM AFTER STARTING YOU MUST CHECK IN WITH TIMING



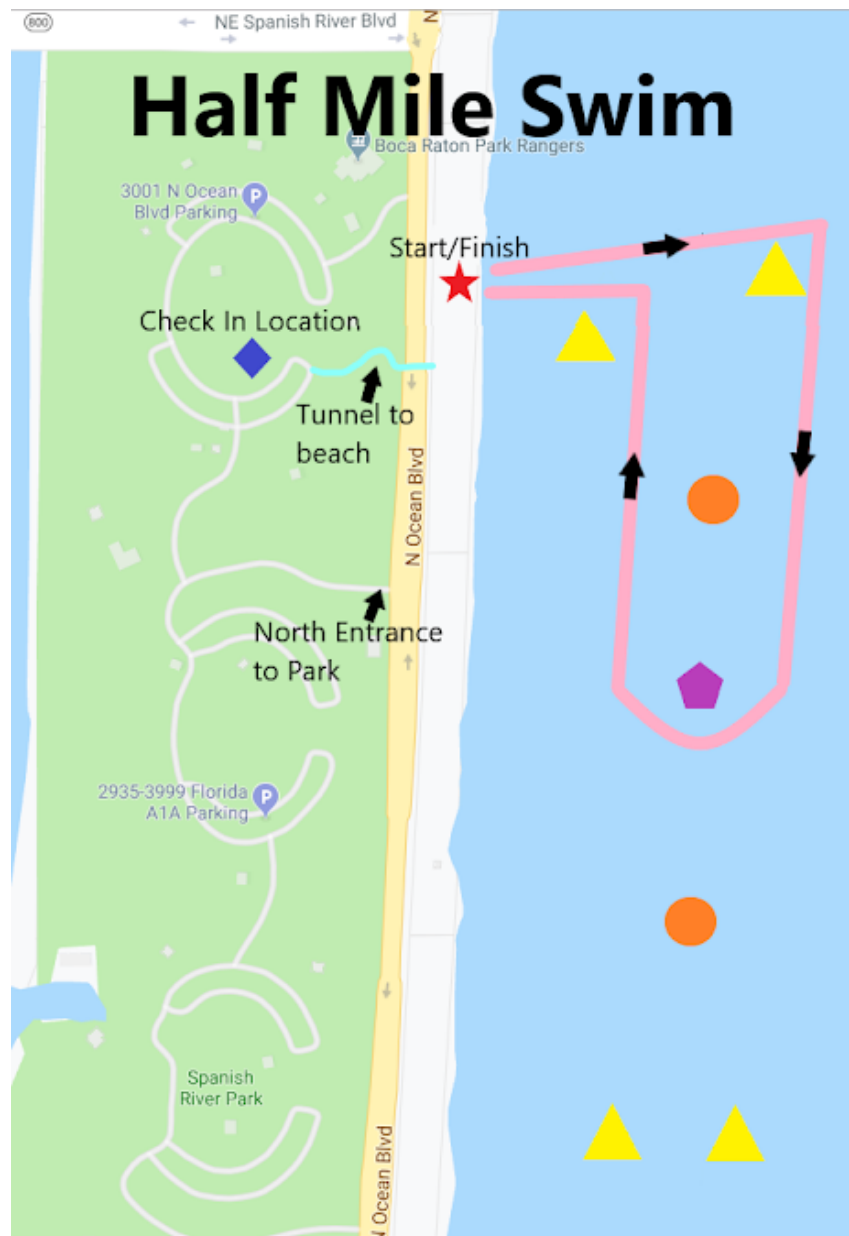
Two - Mile Swim

- Activate chip at timing arch, mass start from the beach line
- Swim 50 yards east to FARTHEST Yellow buoy
- Turn on right and head south
- Pass TWO middle ORANGE buoys + pink flamingo float, continue to stay on right
- Turn right at second yellow buoy
- Swim straight towards 3rd yellow buoy
- Turn right at 3rd yellow buoy
- Stay on right, continue back north
- Pass TWO middle ORANGE buoys again + pink flamingo float, keep buoys on right
- Head back towards yellow buoy, make a right and start LAP 2
- Finish by passing fourth yellow buoy, turn left to head to finish
- Come out of water, jog, 25 yards to finish



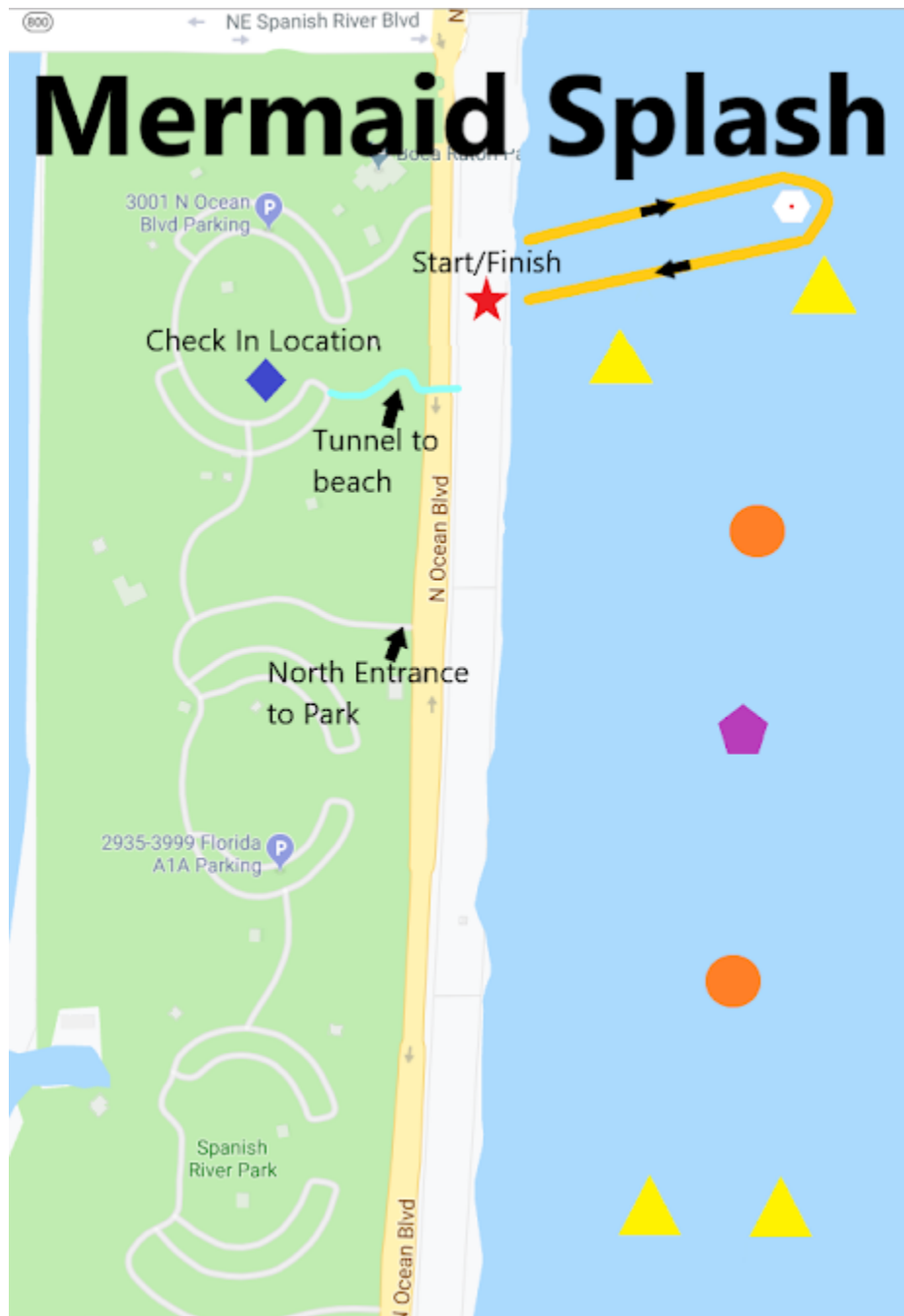
One Mile Swim

- Activate chip at timing arch, mass start from the beach line
- Swim 50 yards east to FARTHEST Yellow buoy
- Turn on right and head south
- Pass TWO middle ORANGE buoys + pink flamingo float, continue to stay on right
- Turn right at second yellow buoy
- Swim straight towards 3rd yellow buoy
- Turn right at 3rd yellow buoy
- Stay on right, continue back north
- Pass TWO middle ORANGE buoys again + pink flamingo float, stay on right
- Pass fourth yellow buoy, turn left to head to finish
- Come out of water, jog, 25 yards to finish



Half-Mile Swim

- Activate chip at timing arch, mass start from the beach line
- Swim 50 yards east to FARTHEST Yellow buoy
- Turn on right and head south
- Pass ONE ORANGE buoys
- Make a U-TURN at pink flamingo float, continue to stay on right
- Stay on right, continue back north
- Pass ONE ORANGE buoy
- Pass fourth yellow buoy, turn left to head to finish
- Come out of water, jog, 25 yards to finish



Mermaid Splash Swim

- Start at Starting Arch, run 25 yards into beach
- Swim 100 yards east to Unicorn Float
- Make a U-turn at the Unicorn Float
- Continue back towards shore
- Come out of water, jog, 25 yards to finish

Directions/Parking:

**Parking fee is waived for the event*

- Take Spanish River east to A1A
- Turn south on A1A
- Enter park via north entrance and make first right into north parking lot
- Park anywhere in that area
- Check in at Pavilion 8
- Head under tunnel to swim start
- Swim start at Tower 19

Contact us:

If you need anything, please contact us:

Lchimienti16@gmail.com

561-222-8440 (text/call)

Thank you for your support in this mer-mazing event!
Your participation is greatly appreciated!
We hope you have a great race!

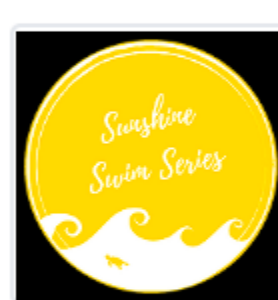
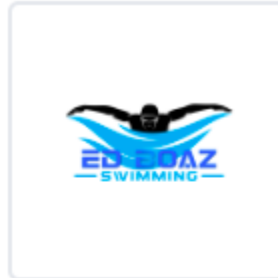
Tag us on FB and Instagram!

@mermaidopenwaterswim

#swimfornick

Thank you to our Sponsors

Please visit our website: www.mermaidopenwaterswim.com to find out more detailed information about our sponsors. We are so thankful for their involvement and support of this event. It would not be possible without them! Please visit their booths at the race!



Save the Date!

2023 Mermaid Open Water Swim

Sunday, August 7, 2022

www.mermaidopenwaterswim.com

Use Code: Mermaid2023 for 20% off until 8/30/22