



POWER CHALLENGE



PIRANHAS OPEN WATER EXTREME RACE

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222 NORTH POMPANO BEACH BLVD POMPANO BEACH FL 33062

SATURDAY, SEPTEMBER 3, 2016

Sanctioned By: World Open Water Swim Association – WOWSA

Sponsored By: Pompano Piranhas, Inc. d/b/a Pompano Piranhas Swim Team; City of Pompano Beach

Location: Pompano Beach (on the beach just south of the Pompano Beach Pier)

Date & Time: Saturday, September 3, 2016.
Projected tentative start times:

Race 1: 5K	8:00 am (LBTS Pier)
Race 2: One mile	8:00 am (Pompano Beach Pier)
Race 3: paddleboard	10:15am (Pompano Beach Pier)
Race 4: 500 mt	10:30am (Pompano Beach Pier)
Race 5: 100 mt	10:45am (Pompano Beach Pier)

Start times listed above are tentative. The Meet Manager, in conjunction with the approval of the Head Referee, may have male and female wave starts, within appropriate interval splits or combined heats, as deemed necessary to ensure safety and fairness for all competitors.

Time Limits: The “Pier-to-Pier” 5K Swim: **2 hours Completion**

If the competitor is within 1,000 meters from the finish line at the two-hour time limit, the Meet Referee may allow the competitor to finish the race after the allotted time limit, so long as safety officials are capable of escorting the competitor to a safe and secure finish. All other competitors will be asked to abandon the course.

Eligibility: All swimmers are welcome at this meet. Any athlete with a disability will be accommodated. It is up to the swimmer’s coach’s responsibility to notify the Meet Director and Meet Referee of any accommodations required.

Rules: Current World Open Water Swimming Association (WOWSA) rules will govern this meet. Safety rules as outlined by WOWSA and as recommended by the Meet Referee, will be in effect.
<http://www.worldopenwaterswimmingassociation.org/wp-content/uploads/2013/05/World-Open-Water-Swimming-Association-Rules-and-Sanctions.pdf>

Event Director: Jesse Vassallo (787)315-1529
JVassallo@pompanopiranhas.com

Head Referee: Kurt Weinants (305) 343-7060
kurtwino@aol.com

Official One: Grant Whitcomb

Official Two:

Medical Director: Dr. Bill Korey (954) 593-0247
drdistance@aol.com

Safety Director: Joe Tylor (954) 663-3890

First Responders: Pompano Beach Ocean Rescue

Athlete Body Numbering: Markers

Timing System: Ankle Strap Chips, Accuchip Timing System

Starting Method: Air Horn

Officials Communication: Radio

Infractions Notification: Whistles and a small red flag will be used by the officials

Events:

Race 1	Event 1 Female	Event 2 Male	5K Swim Race
Race 2	Event 3 Female	Event 4 Male	One mile Swim Race
Race 3	Event 5 Female	Event 6 Male	Prone Paddleboard
Race 4	Event 7 Female	Event 8 Male	500 mt Swim Race
Race 5	Event 9 Female	Event 10 Male	100 mt Swim Race

The Meet Manager, in conjunction with the approval of the Head Referee, may have male and female wave starts, within appropriate interval splits or combined heats as deemed necessary to ensure safety and fairness for all competitors.

Pre-Race Safety Meeting is required for all swimmers. The meeting will start at 7:45 am at the starting area by officials.

Time Limits: The "Pier-to-Pier" 5K Swim Race: 2 hours
The Meet Referee may allow a swimmer to finish the race after the allotted time limit so long as safety officials are capable of escorting the swimmer to a safe and secure finish.

Age Groups: Race 1: 5K (5000 mt) Open, 14 & Under, 15-18, 19-29
30-39, 40-49, 50-59, 60-69,
70-79, 80 and Over

Race 2: One mile (1,500 mt)	Open, 14 & Under, 15-18, 19-29 30-39, 40-49, 50-59, 60-69, 70-79, 80 and Over
Race 3: 1000 mt paddleboard	Open
Race 4: 500 mt	14 & Under, 6 & Under, 7-8, 9-10,11-12
Race 5: 100 mt	8 & Under, 7-8, 5-6, 4 & Under

Race Start & Finish:

Race 1: 5K	in-water start and beach finish point to point
Race 2: One mile	beach start and beach finish swim loop
Race 3: paddleboard	beach start and beach finish paddling loop
Race 4: 500 mt	beach start and beach finish swim loop
Race 5: 100 mt	beach start and beach finish swim loop

In-Water, 5K competitors will start in the water 50 meters north of the Lauderdale-by-the-Sea Pier
 Beach Start 15 meters from shore line
 Beach Finish 25 meters from shore line in to an onshore chute finish

Registration:

Registration is available online at www.pompanopiranhas.com.

Entries Fees

	5k	Mile	others	
Early Registration	\$60	\$30	\$20	Now Open
Time Registration	\$80	\$40	\$30	August 15 to August 29
Late Registration	\$100	\$50	\$40	August 30 to race day
Team Entry Fee	\$45	\$25	\$20	

Early entry fees for all races include event t-shirt, swim cap and goodie bag.

Team Entries:

To receive the team entry fee discount, you must register at least 10 swimmers using Hy-Tek entry file available on our website and pay the team fee with one team check.

All team TM entries files must be emailed to meet@pompanopiranhas.com.

Team Entries will close on Monday, August 29, 2016 at 6:00 pm.

	5k	Mile	others
Entry Fee	\$45	\$25	\$20 open

Includes event t-shirt, swim cap and goodie bag.

Entry Deadline:

On-line registration will close on Friday, September 2, 2016 at 5:00 pm.
 On-site race-day registrations will close at 7:00 am.

Awards:

Race 1: 5K	Trophies Medals	Top 3 Male and Top 3 Female Top 3 Male and Top 3 Female by age group set in this documents
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Medals will be awarded to the first 100 that completes the 5K swim.

Race 2: One mile	Trophies Medals	Top 3 Male and Top 3 Female Top 3 Male and Top 3 Female by age group set in this documents
Race 3: Paddleboard	Trophies	Top 3 Male and Top 3 Female
Race 4: 500 mt	Trophies Medals	Top 3 Male and Top 3 Female Top 3 Male and Top 3 Female by age group set in this documents
Race 5: 100 mt	Trophies Medals	Top 3 Male and Top 3 Female Top 3 Male and Top 3 Female by age group set in this documents

On Race Day:

All competitors must check-in on the day of the race to pick up ankle strap timing chips and get marked at the registration booth located at the starting line at 222 North Pompano Beach Blvd. in Pompano Beach FL 33062, just south of the Pompano Beach Pier.

Transportation:

All competitors for the “Pier-to-Pier” 5K Swim Race will be transported by bus from the registration site in Pompano Beach, to the starting line at Lauderdale-by-the-Sea. First bus leaves at 7:00 am, and every 15 minutes thereafter. Last bus leaves at 7:30 am.

5K Course:

The “Pier-to-Pier” 5K Swim Race is a Point-to-Point race course (from Lauderdale-by-the-Sea Pier to Pompano Beach Pier). The distance between the two Piers is 5,000 meters. Competitors will start the race in the water 50 meters north of the Lauderdale-by-the-Sea Pier. They will end through the onshore chute finish, 50 meters south of the Pompano Beach Pier.

The swimmers will head north about 50 meters east of the ocean shore within the designated swimming area. The course will be marked with six Orange Buoys in a straight line every 1,000 meters.

One Mile Race Course:

The “One Mile” Swimming Race will have an onshore beach start about 15 meters to 10 meters from the shoreline depending on tides.

The swimmer will enter the ocean and swim out about 50 meters from the shore towards the designated swimming area, pass a marked buoy and head south for a determined distance of 750 meters, marked by smaller buoys in a straight line.

The swimmer will loop around at the buoy and come back to the finish line to a Beach Finish 25 meters from the shore line towards an onshore chute finish.

- Paddle Board Race Course:** The “1,000-Meters Paddle Board” Race will have an onshore beach start about 15 meters to 10 meters from the shoreline depending on tides. The paddler will enter the ocean and paddle out about 50 meters from the shore into the designated swimming area, pass a marked buoy and head south for the determined distance of 500 meters, marked by smaller buoys in a straight line. The paddler will loop around at the buoy and come back to the finish line to a designated Beach Finish, drop the paddle board on the shore and run 25 meters towards an onshore chute finish.
- 500mt Swim Race Course:** The “500-Meters Swimming” Race will have an onshore beach start about 15 meters to 10 meters from the shoreline depending on tides. The swimmer will enter the ocean and swim out about 50 meters from the shore towards a designated swimming area, pass a marked buoy and head south for a determined distance of 250 meters marked by smaller buoys in a straight line. The swimmer will loop around at the buoy and come back to the finish line to a designated Beach Finish, 25 meters from the shore line and run towards an onshore chute finish.
- Splash and Dash Race Course:** The 100-meters “Splash and Dash” Race will have an onshore beach start about 15 meters to 10 meters from the shoreline depending on tides. The swimmer will enter the ocean and swim out about 50 meters from shore in to the designated swimming area, and pass a marked buoy. The swimmer will loop around at the buoy and come back to the finish line to a Beach Finish line, 25 meters from the shore line towards an onshore chute finish.
- Temperature:** The expected Water Temp: 80 to 84 degrees Fahrenheit.
No wetsuits allowed.
- Admission:** Free to General Public.
- Hospitality:** Complimentary Hospitality will be available to competitors, officials, and volunteers.
- Parking:** Parking is available on-site for reasonable fee per car.

This event is not a Florida Gold Coast / USA Swimming, Inc. sanction event.