***City of Plymouth Amateur Swimming Association***

**Plymouth Breakwater Race**

**General Observations**

The race is to commence from the vicinity of the Breakwater Lighthouse. Competitors must have attained the age of 16 years and have gained experience in swimming in sea conditions prior to the event. There is a time limit of 1 hour 10 minutes on the duration of the competition.

Swimmers are not permitted to wear Wet/Dry suits as this is a condition for this race.

The timing of the start is dependent on the authority of the King’s Harbour Master. It is also governed by the possibility of merchant shipping proceeding to/from the Cattewater. It is hoped that the event will commence by approximately 5.15 pm. Entries will be restricted to a maximum of 14 competitors. Each swimmer will be individually escorted by a suitably qualified BCU canoeist.

It is expected that a minimum of four vessels capable of carrying race officials, etc ,will be on station during the event. A doctor will be afloat and a qualified first aider has been requested to be on duty on the foreshore.

Canoes will escort the swimmers to a point 30 metres from the finish at the Tinside Beach.