



# Everything You Need to Know...

From the Event Line Up for the weekend, to Registration, parking, timing and more - here is your run down of all the information you need for the 51st Edition of the aQuelle Midmar Mile

## CHARITY CHALLENGE

THURSDAY 8 & FRIDAY 9  
FEBRUARY 2024

06h30 THURSDAY

REGISTRATION: MAIN SLIPWAY

EACH SWIMMER COLLECTS:

1. Race pack containing one *Timing Chip* on Velcro and a *Barcode Tag*
2. Swim Cap

*Please consult your Charity Head for further arrangements in place over these two days*

07h30 SWIMS BEGIN EACH DAY

8 Mile swimmers complete 4 miles each day  
16 mile swimmers complete 8 miles each day

START and FINISH is at the MAIN SLIPWAY

Water will be cleared each day by 14h00

## RACE WEEKEND PROGRAMME OF EVENTS

SATURDAY 10 FEBRUARY 2024

### 08h15 Event 1

- Disabled swimmers
- 71 years & Over
- Graeme Pope-Ellis Ironman/woman (2023 Comrades Marathon, 2023 Dusi Canoe Marathon and 2024 aQuelle Midmar Mile)
- Ironman/woman Comrades Biathlon (2023 Comrades and 2024 aQuelle Midmar Mile)
- Ironman/woman Dusi Biathlon (2023 Dusi Canoe Marathon and 2024 aQuelle Midmar Mile)

### 09h45 Event 2

#### Family Teams

Teams comprise of minimum three and maximum five members, with top three times of the team to produce a team 'result'.

### 11h00 Event 3

#### Company Teams

Teams comprise of minimum two and maximum five members, with top three times of the team to produce a team 'result'.

### 12h15 Event 4

#### Non-Company Teams

Teams comprise of minimum two and maximum five members, with top three times of the team to produce a team 'result'.

### 14h00 Prizegiving

Prizegiving for Events 1-4 will include a press function for the next day's events. (Start time may change slightly, depending on availability of results.)



# PROGRAMME OF EVENTS (continued)

SUNDAY 11 FEBRUARY 2024

## 08h30 Event 5

- Girls 13 years & under
- Women 31 years & over

## 09h45 Event 6

- Boys 13 years & under
- Men 31 years & over

## 11h00 Event 7

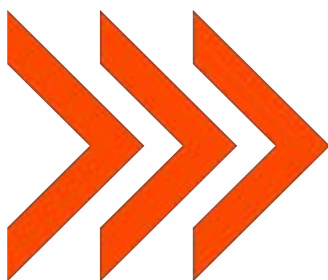
- Female 14 to 30 years

## 12h15 Event 8

- Male 14 to 30 years

## 14h00 Prizegiving

Prizegiving for Events 5-8 will take place as soon as results permit.



## REGISTRATION

### BLACKHURST PENINSULAR (RACE START)

### OPENS 07h00 on both days

- Registration for all Race Weekend events takes place at Midmar Dam on Race Weekend
- No Race Packs are handed out prior to the day of your swim
- Swimmers to enter the fenced SWIMMERS ONLY area outside the Registration Tent
- Entrances to the tent are for PRE ENTRY PACK COLLECTION, LATE ENTRIES, BULK ENTRY PACK COLLECTIONS and ENQUIRIES

## ENQUIRIES (START)

Our Team will be in place to deal with queries such as:

- Personal details necessary corrections
- Event changes
- Starting Batch changes (NB once seeding is complete, swimmers may only be allowed to move to a batch behind them, not forward. This is for reasons of Water Safety)

**PLEASE NOTE** that **NO SUBSTITUTION** of one swimmer for another is allowed under any circumstances

Should a swimmer not attend the event or withdraw for any reason, **NO REFUNDS** will be issued

## PRE ENTRY PACK COLLECTION

ALLOW AT LEAST ONE HOUR BEFORE YOUR EVENT

- Join the correct marked queue for your Event (*Priority will be given to the next event of the morning*)
- Your *Swim Cap* and **RACE PACK** (containing your *Timing Chip* and *Barcode Tag*) are allocated to you at one of the **PRE ENTRIES** counters
- Keep your packet closed until you reach the **COMPULSORY CHIP CHECK** station **BEFORE YOU EXIT** (*Any queries raised at Chip Check will be dealt with before you proceed to exit*)
- Once cleared for **EXIT**, proceed to **BODY MARKING** with your *Timing Chip* on your ankle, *Barcode Tag* inside your swimming costume and correctly Body Marked, proceed to batched start pens

## BULK (GROUP) ENTRIES

ALLOW AT LEAST ONE HOUR BEFORE YOUR EVENT

- **RACE PACKS** will be packed per event with the correct *Swim Caps* included
- Collection is from a **SEPARATE ENTRANCE** in the **REGISTRATION TENT**
- Please send one person to collect for the Group
- You will be given **RACE PACKS** and *Swim Caps* for one event at a time
- Follow **Steps 3 & 4** in the **PRE ENTRY PACK COLLECTION** section above

## LATE ENTRIES

ALLOW AT LEAST TWO HOURS BEFORE YOUR EVENT

**EVENT 1 R450**  
**EVENTS 2-8 R500**

Payment can be made with **CASH, CREDIT CARD** or **ZAPPER**

Once your *Timing Chip*, *Barcode Tag* and *Swim Cap* are allocated to you, please follow **Steps 3 & 4** in the **PRE ENTRY PACK COLLECTION** section above



## YOUR BARCODE TAG



- Is in your **RACE PACK** allocated to you at **REGISTRATION**
- The **Barcode Tag** is issued as part of Water Safety and Timing Back Up
- The number on the **Barcode Tag** is the same as the number on the outside of the **RACE PACK**
- Attach it to the inside of your swimming costume with the safety pin provided
- **AT THE FINISH** hand your **Barcode Tag** to one of the marshals on duty



## YOUR SWIM CAP

- This is allocated to you at **REGISTRATION** and the colour depends on the starting batch you are allocated to according to your seeding time
- There are five starting batches in Events 2 - 8 with each one leaving on a gun start 3 minutes apart

**Batch 1: Orange**

**Batch 2: Blue**

**Batch 3: Yellow**

**Batch 4: Green**

**Batch 5: White**

**At the START, enter the BATCH PEN that is the same colour as your SWIM CAP**

## YOUR TIMING CHIP

- Is in your **RACE PACK** allocated to you at **REGISTRATION**
- The **CHIP CODE IS NOT YOUR RACE NUMBER**
- Attach the **Timing Chip** to either ankle with the Velcro supplied – if it is attached anywhere else you will not receive a result
- Ensure the **Timing Chip** has the number facing outwards (not on the inside of your leg)
- **AT THE FINISH** hand your **Timing Chip** to one of the marshals on duty **EVEN IF** you are swimming another event (you will need to go to **REGISTRATION** to be issued with the **RACE PACK** for your next event)

**LOST CHIPS WILL BE CHARGED AT R200 at the discretion of the Race Organisers**

## EVENTS 5 & 6: 31/OVER

Swimmers aged 31 years and over will receive a **COLOURED WRISTBAND** at **REGISTRATION** to assist exiting via the correct channel at the **FINISH**

Ages 31-40: **PINK**

Ages 41-50: **YELLOW**

Ages 51/Over: **WHITE**

Attach to your **RIGHT WRIST**

## BODY MARKING

Every swimmer is **BODY MARKED** on **ARMS & BACK OF SHOULDERS** with the **NUMBER** on the **FIRST RACE PACK** they received during 2024 Midmar Mile. If you are swimming multiple events you will retain the number you were first **BODY MARKED** with (even though you will receive a **RACE PACK** with a different number)

Body Marking is managed by Action Photo after exiting **REGISTRATION** and before proceeding to your Starting Batch Pen



# MIDMAR DAM/EZEMVELO KZN WILDLIFE GATE ENTRANCE FEES

Please note the following entry fees payable to Ezemvelo KZN Wildlife to get into Midmar Dam over Race Weekend  
Please have the relevant amount with you in cash.

*Although Credit Card facilities are available, load shedding may mean networks are unavailable for payments to be processed.*

<b>Pedestrians</b> (Adults):	R50
<b>Pedestrians</b> (Children 3-12 yrs)	R30
<b>Cars</b> (up to 7 persons):	R180 per car
<b>Combis</b> (up to 15 persons):	R280 per combi
<b>Small Buses</b> (up to 32 persons):	R650 per bus
<b>Large Buses</b> (up to 80 persons):	R1,000 per bus

During Race Weekend, the following cards are not accepted:

- Wildcards
- Rhino Cards

**Only cash or Credit Cards will be accepted**

**Put as many people into a vehicle as possible (taking note of the numbers above) as it is mostly a charge per vehicle and not individual, to encourage reducing the number of cards coming through the gate**

**Get the required amount of money ready in the car to avoid delays in finding change, etc**

## TRAFFIC FLOW

The two-way traffic flow between the **START** and **FINISH** will remain in operation this year. Please take note of the routes by referring to the main map of the dam. Specially marked parking areas will be available, depending on which lane you enter the dam, as well as attendants on duty to help you enter and park with the least inconvenience possible.

## PARKING

### PLEASE PARK WHERE THE SECURITY OFFICIALS DIRECT YOU

Bhejane Security and Mi7 will be on site doing their best to ensure personal and vehicle security so you can enjoy the event.

Please note that you do park at your own risk and your belongings are your responsibility.

## BUS SHUTTLES

Unfortunately, there will be **NO SHUTTLE SERVICE** in place between the **START** and **FINISH** this year.

Swimmers must please make their own arrangements to get to the start. Please allow enough travel time, bearing in mind possible increased congestion.



## OFFICIAL PHOTOGRAPHER



Action Photo SA is the **official photographer** of the **aQuellé Midmar Mile**.

The Action Photo SA team run **BODY MARKING** at the **START** and will ensure the correct number is written in bold on **BOTH ARMS** and the **BACK OF YOUR SHOULDERS** for identification purposes.

All photography enquiries should be directed to **Action Photo SA:**

**+27 (0)71 550 9312**

**www.actionphotosa.com**





## INDEMNITY

All Ezemvelo KZN Wildlife indemnity rules will apply. Events will take place irrespective of weather conditions, unless officials from KZN Wildlife deem conditions to be unsafe. Should it not be possible to hold the event, beyond the control of the Organising Committee, medals will be issued and no entry fees will be refunded.

## THE FINISH

**Gaining the most accurate results for the race depends on the co-operation of all finishers, so please take note of the following requests:**

- As you approach the **FINISH**, you will see the *Finish Channels numbered 1 to 6 from Left to Right*
- **Once in a channel, please do not change your order - remain behind the person in front of you**
- Get your **Barcode Tag** ready to hand in at the top end of the channel (*do not drop the safety pin on the ground as this could cause an injury to someone else*)
- Use the box at the end of the channel to discard the safety pin
- Hand in your **Barcode Tag** and **Timing Chip** to the collector at the end of the channel. If you have lost either or both items, your details will be recorded  
**Please Note: Swimmers caught unofficially swimming in the race will receive a life ban from the event**
- Once the **Barcode Tag** and **Timing Chip** is handed in, continue to the aQuellé refreshment area, where you will receive a drink, collecting your **FINISHERS MEDAL** on your way

## EVENTS 5 & 6 SPECIAL INSTRUCTIONS

**Swimmers in Events 5 & 6 please take note of the FINISH CHANNELS AS FOLLOWS:**

CHANNEL 1	13 Years & Under
CHANNELS 2 & 3	31- 40 Years
CHANNELS 4 & 5	41-50 Years
CHANNEL 6	51 Years & Over

**Please keep to these lanes as much as possible. Any changes will be made clear by the marshals on duty**

## SAFETY

The manpower on the water this year over the course of four days will see over 100 qualified lifeguards adding to the safety of the swim. Together with the lifeguards, the SA Navy, SAPS Diving Unit and Mi7 Medical will all be on the water during the races.

### RESTRICTED WATER CRAFT

For safety reasons **ONLY OFFICIAL BOATS** will be allowed to follow the swimmers. Unofficial power boats entering the yachting area may be impounded by KZN Ezemvelo Wildlife officials.

### MEDICAL EMERGENCIES

Mi7 Medical staff will be in place throughout the event for medical emergencies. Hibiscus Hospital Group are providing medical assistance at the **FINISH**. **Medical staff** will be on hand at the **START, ON THE WATER** and **MUNRO BAY**. Please notify an official should you require medical attention

**NB: the onus is on the swimmer to supply and make arrangements regarding special medical or health requirements while competing.**



## CUT-OFF TIMES

- There is a **Cut-off time of 32 minutes at the halfway mark (800m)**. This time is taken from when the last starting batch enters the water in each event
- It will be at the discretion of the **Water Safety Officer** and his team as to whether a swimmer is taken off the water, depending on the circumstances and conditions at the time
- Any swimmer taken out of the water will be transported by boat by the Water Safety Staff to **MUNRO BAY**
- Your **Timing Chip** and **Barcode Tag** will be taken by officials when reaching **MUNRO BAY**

## DISQUALIFICATIONS

**The following will result in a swimmer being disqualified and no time being recorded:**

- Swimmers *failing to obey the rules or Official's instructions*. Also *any action that may bring the event into disrepute* (which may also lead to further disciplinary action)
- **Receiving assistance while swimming (aside from assistance required for Disabled swimmers in Event 1)** including the use of swimming aids (**NB use of wetsuits is allowed but will disqualify the swimmer from a position/prize in their category**)
- **Substituting one swimmer with another or finishing the event without having entered and registered**
- **Wearing any other Swim Cap** than the one allocated to them at **REGISTRATION**

## MEDALS & PRIZES & SEEDING EVENTS

**SATURDAY 10 FEBRUARY | 14h00\***

**EVENTS 1-4**

**SUNDAY 11 FEBRUARY | 14h00\***

**EVENTS 5-8**

*(\*as close to this time as results permit)*

**Age Group Winners to please make provision to be at Prizegiving. Prizemoney will be forfeited if you do not attend**

**EVENTS 1-6 | TOP 3 in EACH CATEGORY**  
**EVENTS 7 & 8 | TOP 10 MALE & FEMALE**

Prizemoney will only be paid over after Prizegiving, but within 14 days of the event and subject to doping clearance where applicable

In **Events 5 to 8**, only swimmers seeded in the first batch (orange cap) will be eligible for prizes. The organisers reserve the right to accept seeding times outside of the seeding events, and the onus is on the entrant to ensure correct seeding