



PIER TO PINE OCEAN SWIM PARTICIPANT HANDBOOK

1. Welcome

Thank you for joining our ocean swim event! This handbook outlines everything you need to know to stay safe, prepared, and confident on race day.

2. Event Overview

Event Name: Pier to Pine Ocean Swim

Event Date: Saturday 16th Jan 2027

Location: Emily Bay, Norfolk Island

DISTANCES	RACE START
Swim Run – 600m swim & 5km run	Race start 7:30am
200m (around the raft)	Race start 9m
600m (the channel)	Race start 9:30am
1.2km (pier to pine)	Race start 10am
Relay – 200m – Around the Raft (4-person team)	Race start 11am
2.5km (pier to pine+raft) Race start 12noon	Race start 12noon

Each course will be marked with buoys and monitored by qualified water safety crews

There are two categories – Competitive and Social.

The Competitive Category is suitable for swimmers who:

- Are confident swimming the full nominated distance in open water
- Are capable of maintaining a continuous swim pace
- Understand and accept the demands of a timed and ranked event
- Are comfortable swimming in close proximity to others

Participants in the Social Category:

- Are not competing for podium places, prizes, or age-group awards
- May include:
 - First-time ocean swimmers – but still comfortable to make that distance within the allocated time frames and without any buoyancy aids
 - Recreational swimmers
 - Friends, families, and social groups
- Must still meet all safety and entry requirements of the event

Social time cut off points

Distance	Social Cut-off
5km	45min
200 m	15 min
600 m	30 min
1.2 km	55–60 min
2.5 km	1:45–2:00 hrs

Please consider the above cut off times for the social category. Ensure you are comfortable swimming these distances within this time frame for your safety and the safety of others.

3. Registration & Check-In

- Online registration: closes at 6.30am on event day
- Pre-check in: Opens from 9am at Fenua & Moana (80 Taylors Road) until 4.30pm on Friday 15th Jan 2027
- On-site check-in: opens from 7am on race day (16th Jan 2027)
- Bring: Photo ID & Proof of registration in case asked

You will receive:

- ✓ Race Pack (Swim cap which is compulsory to start the event)*
- ✓ Safety instructions briefing time
- ✓ Race number which you will need to write on each arm vertically prior to marshalling

*On race day please do not wear your official P2P swim race cap unless you are in the race competing at the time.

4. Mandatory Safety Briefing & Marshalling Times

All swimmers must attend the briefing held before each race at the start line, see times in the table below. Topics include:

- Course layout & buoy turns
- Water conditions & hazards
- Signals from water safety crew
- Emergency evacuation plan

Event	Marshalling Time	Safety Briefing	Location	Race Start Time
600m+5km – Swim + Run	7:00am	7:20am	Official Start Line (Emily Bay)	7:30am
200m – Around the Raft	8.30am	8.50am	Official Start Line (Emily Bay)	9am
600m – The Channel	9.10am	9.20am	600m Start Line (Slaughter Bay)	9.30am
1.2km - Pier to Pine	9.40am	9.50am	Official Start Line (Emily Bay)	10am
200m – Relay Around the Raft	10:30am	10:45 am	Official Start Line (Emily Bay)	11 am
2.5km - Pier to Pine + Raft	11.30am	11.45am	Official Start Line (Emily Bay)	12pm

5. Equipment Requirements

Required

- Official event swim cap
- Properly fitting swimsuit (see swimsuit policy)

Optional (Recommended)

- Goggles
- Ear plugs
- Vaseline/anti-chafe balm
- Reef friendly sunscreen

Swimwear Policy

- The Event adopts the following policy on swimwear for all competitors (not applicable in the social category)
- For water temperature =18°C and above on race day, swimmers shall wear either standard swimming jammers, briefs or standard one or two-piece swimmers if they wish to qualify for placings and prizes.
- Swimsuits for men shall not extend above the navel nor below the knee, and for women, shall not cover the neck, or extend past the shoulder, nor below the knee.
- Participants that choose to wear a suit that extends above the naval, past the knees or shoulders or covers the neck, will not qualify for prizes or placings.
- If a participant chooses to wear a wetsuit, they will be required to swim in the social category (No prizes in the social category)
- For water temperature less than 18°C on race day, wetsuits are permitted and strongly encouraged for all participants
- Social Category: Snorkels, wetsuits and fins allowed for enjoyment.

6. Water Safety & Risk Management

Your safety is our top priority. The event is supported by:

- Qualified water safety team - Accredited bronze medallion (HLTAID009 CPR AND SISCAQU020) and perform open water rescues (SISCAQU029)
- Jet ski, surf ski and kayak operators
- Shoreline spotters
- Ambulance, Emergency Services and Australian Federal Police will be on site

Conditions Monitored

- Waves & swell

- Rip currents
- Wind
- Water temperature
- Marine life activity

If conditions become unsafe, organisers may alter the course, delay start times or cancel the event.

7. Start Procedures

1. Enter start area when your race is announced
2. Competitor category at the front of the line – social category near the back of the line
3. Listen for the countdown
4. Beach start (except for the 600m swim which may be a water start)
5. Move safely and avoid crowding

8. Course Navigation

- Follow the buoy line
- All yellow markers to your right and red markers to your left
- For the 200m – the raft must be on your right side
- For the 2.5km - the raft must be on your right on the second lap
- Sight every 6–10 strokes
- If disoriented, stop, breathe, sight, and continue

9. “Need Help” Signals

If you require aid:

- Raise one arm straight up
- Float on your back if tired
- Follow instructions from water safety crew
- Request removal from the course if needed—there is no penalty

10. Finish Procedure

- Exit water carefully, mindful of shore break
- Follow finish chute to cross the finish line
- Hydration and recovery area available after finish

11. Medical Support

On-site teams include:

- First aid responders
- Paramedics
- Water rescue personnel

Please report discomfort or injury immediately.

12. Participant Conduct

We expect swimmers to:

- Treat others with respect
- Follow volunteer and safety team instructions
- Avoid unsafe behaviour (e.g., pushing, blocking, drafting dangerously)
- Follow the marine sanctuary rules (no take zone, no walking/stepping on reef and coral and disturbing wildlife)

13. Environmental Responsibility

Please help us protect our beaches:

- Use designated rubbish and recycling stations
- Avoid disturbing marine life and no walking/stepping on reef and coral
- Emily and Slaughter Bay are a no take zone
- Do not leave equipment on the shoreline and take everything with you

14. Event FAQs

Q: Can beginners participate?

Yes—choose a shorter distance and if preferred to select the ‘social’ category and ensure you are comfortable swimming in open water.

Q: Are spectators allowed?

Absolutely—there are many viewing areas to watch the swimmers – key areas include Salt House Point, Lone Pine, Slaughter and Emily Bay

15. Contact Information

Event Director: Kylie Sterling

Website: <https://www.piertopineoceanswim.com/registration>

Email: Info@piertopineoceanswim.com

Social media: instagram (piertopineoceanswimnorfolk) facebook (Pier to Pine Ocean Swim Norfolk Island)