



Sanlam Cape Mile
Race Rules

INDEMNITY

1. All swimmers compete in the event at their own risk.

WAIVER

1. Should the event be cancelled due to elements out of Stillwater Sports control, goodie bags and medals will be issued and no entry fees will be refunded.

WITHDRAWALS & SUBSTITUTIONS

1. Entry fees will not be refunded under any circumstances.
2. Substitutions are permissible until one (1) week before race day.

REGISTRATION

1. All swimmers need to register one hour prior to their swim.
2. You will receive a timing chip, swimming cap and goodie bag.

TIMING CHIP

1. IMPORTANT – NO CHIP – NO RESULT
2. A fee will be applicable for any lost timing chips
3. The chip MUST be handed in at the Finish
4. Attached the chip to your ANKLE ONLY

CAP

1. All swimmers MUST swim with the provided Sanlam Cape Mile swim cap.

BODY MARKING

1. All swimmers MUST have their number written on their arm.



TRAFFIC

1. Car Pooling – Swimmers that have made use of car-pooling will be given preferential parking.
2. Please park where the officials direct you.

SAFETY

1. There will be a minimum of 80 qualified lifeguards for the safety of the swimmers.
2. There will be a dedicated lane from half way in the course for any swimmer not managing the course.
3. There will be official boats adding to the safety during the event.
4. Non-finishers are required to hand in their chip to be recorded.

MEDICAL EMERGENCIES

1. Medical assistance will be located at the Eikenhof Dam.
2. There is a dedicated event doctor as well as medical staff on site at all times.

DISQUALIFICATIONS

1. Swimmers **MUST** wear provided swim caps. Any other cap will lead to disqualification.
2. Receiving assistance while swimming including swimming aids.
3. Swimming in a wetsuit.
4. Failing to obey the rules and official instruction of Western Provence Aquatics.

MEDALS

1. All finishers will receive a medal.