**Hello Burleigh Swim Run entrant,**

On behalf of Slater + Gordon Lawyers, Burleigh SLSC and the Burleigh Swim Run team we would like to say ‘thank you’ for entering our upcoming Australia Day (public holiday) race which is based around Fitness, Families and Fun.

This is our 9th year of the event and look forward to a cracking day come Monday morning.  
  
**Current entries:** 723

**Race day weather forecast:** Mostly sunny. Winds northerly 15 to 20 km/h tending north-easterly during the day then becoming light during the evening with temps 22-31 degrees. Please hydrate well before and after race and apply sunscreen (we have sunscreen in race packs).

**Race day surf forecast:** looking good - 1.1m ENE swell (small) with low tide at 8.10am (0.48m).

**Race updates:**  All event updates will be made on our Facebook page so ‘like’ us now if you haven’t – ***Burleigh Swim Run***

**Burleigh SLSC** – if you are traveling from a far or living local please look to support our surf club BHMP – Burleigh Heads Mowbray Park. Not only is it an awesome surf club of great food, great people and great drink, it also provides professional lifesaving and sport coaching services for young and old. Check out the BHMP website for more information or to become a member today - <http://www.burleighslsc.com.au/> - #lifeisbetteratburleigh

To assist in making our event user friendly for you we have put together some **‘Hot Tips’** to assist in making your morning that little bit more enjoyable.

**HOT TIPS:**

1)   **Parking** – the main transition and viewing arena is on the grass (Justins Park) in front of the Burleigh Lifeguard Headquarters. There are two carparks which will fill up quickly (and are only 3hr parking so be careful, but there is plenty of parking up behind the Burleigh Bowling Club (also paid). Please read all signs as we don’t want to give our money to the council on Ozday Public Holiday.

2)   **Bag collections** – athletes can collect race packs and timing bands at two different times.

**Collection 1:** Sunday afternoon 3.30pm – 5.30pm at race venue (Justins Park – Burleigh Lifeguard grass area). If you are in the area this is strongly recommended as not only will you beat the rush come race day morning, but you can also have a look at the low tide, race set-up and see what the conditions will be like for the next morning.

**Collection 2:** from 5.45am at the black admin tent or up to 30mins prior to your race.

3)   **Timing Bands** – must be worn on the left ankle for the race with ‘no band no race policy’ – at conclusion of the race (finish line) you will hand your band over. In team events, each team will have only one (1) timing band with the swimmer needing to hand it over to the runner for the run leg at the change-over transition zone (under the transition arch).

4) An event **swim cap** will also be included in your race pack to also be worn. Please have your cap on when you put your foot on the start line. ***Please note:*** Young Guns are not required to wear a swim cap for their wade and run.

5)   **Race briefing** **6.20am** – a briefing will be held on the observation deck to outline the course for the swim and the run along with house-keeping.

6)  **High Viz Race Singlets** – please note you will not be allowed to take part in the event if you don’t have a high viz Pink Race Singlet. You are welcome to bring your own if you have one, otherwise we do loan singlets out to use for the race with the singlet being handed back once you cross the line (no return of singlet after race will cost you $30 sorry). If you are requiring to loan a race top, simply go to the ‘I need a race top’ tent and they will sign one out for you.

7) We are privileged to have **Swimming Australia** on board and our event the marquee Qld event for the Aussie Swim Australia Day weekend initiative. Leading Kellogg’s Ironwoman Georgia Miller will be present with other Swimming Australia ambassadors to present medals. ‘Get involved’ by pledging your swim this Monday to Surf Lifesaving Australia in the Swimming Australia 🇦🇺 Lap Australia. It’s simple (only takes 2 minutes max), click on below link and fill in your details to acknowledge your distance swum.  
[https://australiaswims.com.au/lap-australia](https://australiaswims.com.au/lap-australia?fbclid=IwAR2t5_bjSYPwPQYu5isyqkGKPFZEQOPsDAqWV2AVI6j-u_5FLO9FHyEHnmc)

8)  **‘Free’ early bird race singlets** – if you entered before Xmas you receive a ‘free’ high viz race top for the challenge and taste-tester races (individuals and team ‘swimmers’ only). Simply go to the “’Early Bird Race Top” tent on race day morning to collect and have your name signed off. The size that you ordered at time of registration will be the size allocated to you.

9)      **Placing running gear in the transition zone** – roughly every 15mins a wave of competitors will start in the water with competitors allowed to place gear in the transition zone one race prior to theirs. Please be mindful of runners coming into the transition zone as it can get very busy.

10)      **Running course** – the running course is the same as the last two years with it being on the beach. The course is up to 4th Ave and back (2km) with participants required to keep the event running flags on the right side of them on the way up and back. The Taste-testers are required to do one (1) lap (2km) and Challenge competitors 2 laps (4km) where they will run through the transition again at half way and go again). The tide will be dropping throughout the morning with a fast track expected.

11)      **First Aid** – we will have a main first aid tent at the finish along with first aid at the 4th Avenue turn-around. In the event you feel unwell or injured please notify a course official that is every 100-150m along the course. Look after fellow race buddies – if you see a fellow participant in distress or in need of help, please stop and assistance – it is the Australian Way!!

12)      **Finish** – in finishing this great event you will be required to hand over your timing band (borrowed high viz rash tops) and you will receive an awesome finisher’s medal. In the event you withdraw from the race please notify the finish line ASAP.

13)  **Post race** – after your race please take advantage of the great post-race massage on offer from the Gold Coast Physio and Sports Health team (thanks Albie and Britt) along with ASN (Australian Sports Nutrition) fluid replacement table, BBQ (Bacon & Egg burger with drink), coffee van, snow cone, ENGINE/Cannibal/Jolyn Expo tents, Pink Pitaya and Acai free samples and the free photo booth to get a photo with family and friends (with photos to keep).

14) **House-keeping** – please look to use the bins provided for all rubbish. There are public toilets underneath the Lifeguard Headquarter building and a public shower and bubblers next to the Burleigh Lifeguard tower. If you are hungry we will have a BBQ and food vans and if you need a coffee you can walk across the road to our great swim leg sponsor Borough Barista or we will have a van selling coffee as well.

15) **Spectators** – you play a major role throughout the morning to cheer everyone running up the beach, through the transition or crossing the line. Be vocal and have heaps of fun!

16) **Race photo’s** – we only get the best in the business and that is why Glenn Murray from Koruptvision will be taking the photos. We will have race photos posted up on our Facebook page post-race. Also feel free to post and hashtag [#burleighswimrun](https://www.facebook.com/hashtag/burleighswimrun?source=feed_text&epa=HASHTAG&__xts__%5B0%5D=68.ARD3AifVxKHEcLGx5fsghwrXWcWXOTiBdKMcPDX11EV4s_x2Gspd2dlbFR1M0iH5M1psob1geLCtcGtzRhgM_G7sYyRykh6tBuY-h6yuEpj9I90aqKvPyYCgmW-XDj63HCF3ZMvZIGJQ6ih7-bUbwUUFYh1mVVBzI77undhRp52Ft3sRTvcLzY44gPw1kr4J3opiXXUKGAsmcVpWLX5lpISkq6FT3f9Am-uDcEV8xQfyBQCPgMy8pmrzfORei5TSBmWgaVJcaTVo9xD7u4Etnzh6GJv7SiqLKyvUdEOUS4wxDJhhR6frZej59zjV3cocSEz1HH36-MwKKrxhRPnrK_0mRQTv&__tn__=%2ANK-R) on all photos on social media.

17) Every finisher will receive an awesome and I mean awesome medal!!!

**Once all events are finished** (approx.. 9.30am we will then present all age group winners and Open/Elite winners)

**Prizemoney for Open/Elites** (males, females and teams)  
1st $500 Cash $$  
2nd $300 Cash $$  
3rd $100 Cash $$

**Age categories** - will win awesome prizes from Engine vouchers to LIIVE sunglasses, UFLEX Headwera24 caps, to P3 vouchers, Rebel vouchers dinner vouchers and heaps more!!!

No prizes will be awarded for taste-tester event just event medals.

**Random draws** - we have amazing random draw prizes on offer at the conclusion of the event. Athletes need to be present to collect the prize. Did I mention we will be giving away a cool cruiser bike???

**Results:**  
The link for this year’s results is: [http://www.racetecresults.com/Results.aspx?CId=7&RId=693](http://www.racetecresults.com/Results.aspx?CId=7&RId=693&fbclid=IwAR3xrzRGHPfNrTsFggqsmRVgi49ciZDwbnWLM8f0qhGCot2hBP5Rz9IYTak)

**Draft Wave Program – please see Facebook page for wave gender splits.**

**6.45am** – Taste-tester Challenge (200m swim 2km run) - Males then Females (all ages)

**7.00am** – The Challenge 12&u & 16&u (400m Swim & 4km Run) - Male then Females                
**7.15am** - The Challenge 30-39yrs (400m Swim & 4km Run) - Male then Females  
**7.30am** - The Challenge 40-49yrs & 50+ (400m Swim & 4km Run) - Male then Females  
**7.45am** – Young Guns Challenge 5-12 year olds (400m Wade & 400m Run)   
**8.15am** – Teams Challenge (400m Swim & 4km Run)  
**8.45am** - The Challenge Open Males & Females (400m Swim & 4km Run)   
**9.30am** – Presentations & Random Draws for a 10am finish

**Please note:** the event coordinator has the right at to adjust times/course if needed due to conditions and/or participant numbers along with adjusting prizemoney/vouchers if limited numbers.

**Special thanks to our sponsors:**

**Naming rights sponsor** – Slater + Gordon Lawyers

**Swim Leg Sponsor** – Borough Barista

**Transition Sponsor** – Cash Converters

**Run Leg Sponsor** – The Running Shop Burleigh

Along with all of our **product sponsors**:

Gold Coast Physio & Sport Health (Britt & Albie), ASN - Australian Sports Nutrition, Rebel Sport, Gold Coast McDonalds, Subaru, Engine Swim, Swimming Australia, Kennards Burleigh, LIIVE Sunglasses, Burleigh SLSC, Burleigh Pavillion, Pink Pitaya, Slice Pizzeria, Rackleys Swimming, Subaru, Local Burleigh Member Pauline Young GCCC, 99 bikes, F45 Burleigh, Headwear24, P3 Burleigh.  
  
**In closing we would like to wish you all the very best this Australia Day Public Holiday – Race Hard, Race Smart and more importantly – enjoy your S+G Burleigh Swim Run experience!**  
  
 **Slater + Gordon Burleigh Swim Run Team**

**Burleigh Surf Lifesaving Club**

