

ROUND the SOUND

2024 EVENT DETAILS



Title Sponsors: Bermuda Tourism Authority / Butterfield & Vallis

Sanctioned by: Open Water Bermuda

Organized by: Bermuda Open Water Swimming Ltd.

Official Event Host: Bermuda Aquarium, Museum & Zoo

Official Event Hotel: Grotto Bay Beach Resort

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SECTION 1 – INTRODUCTION

The 34th Round the Sound (“RTS”) is to be held in Harrington Sound on Sunday October 13th, 2024. RTS is a charitable event for the benefit of the Bermuda Zoological Society, who also host the finish at the Bermuda Aquarium Museum and Zoo.

The event will include distances of 10k, 6k, 4k, 2k and 0.8k. Due to start location limitations, each distance has a limit on # of participants (10k=150 swimmers, 6k=75 swimmers, 4k=125 swimmers, 2k=175 swimmers, 0.8k=125 swimmers).

This document provides overview notes about the event – to find distance specific information (including very detailed route maps and instructions) review the separate documents on the BOWS website at www.bows.bm/round-the-sound.

Distance	Check In Time	Start Time	Location
10k	9:00 am	10:00 am	VILLA MONTICELLO DOCK (next to Palmetto Gdns)
6k	10:00 am	11:00 am	SHARK HOLE
4k	10:45 am	11:45 am	BAYSIDE LANE DOCK (near Trinity Church)
2k	11:15 am	12:15 pm	RADNOR ESTATE ROAD DOCK
0.8k	11:45 am	12:45 pm	AQUARIUM

SECTION 2 – REGISTRATION INFORMATION

2.1 – Registration details

A link to the registration website at Race Day World, and an overview of key information can be found on the RTS webpage (www.bows.bm/round-the-sound).

SECTION 3 – BRIEFING INFORMATION

3.1 – Overview

There are a substantial number of things to know and understand to help make your race day a success. Some specific items such as Start details and Swim Routes/Navigation are detailed elsewhere, but this section is focused on grouping as many of the other items as possible.

3.2 – Swim Rules Overview

1. ANY SWIMMER WHO HAS OFFICIALLY STARTED THE RACE AND IS UNABLE TO FINISH OR WHO MUST WITHDRAW FOR ANY REASON IS OBLIGED TO IMMEDIATELY REPORT HIS/HER POSITION TO A RACE OFFICIAL
2. In order to be an official entrant, each swimmer must register at the check-in area between 30 and 60 minutes before the start of his/her race – preferably closer to 60 minutes to avoid a last minute rush which might delay the start
3. An official swim cap for the race will be provided at each check-in - this cap must be worn as your timing chip will be inside it
4. During the race, directions issued by race officials must be followed

5. Course marks must be passed on the correct side – see full details for your swim distance in Section 4 of this document and at www.bows.bm/round-the-sound
6. You must stop at the designated checkpoints with 8k, 6k, 4.25k and 2.75k remaining in the route - your number will be recorded so we have tracking of your progress around the route. There will be drinks at these checkpoints
7. The intention is that no wetsuits, fins or paddles will be allowed for swimmers, and all swimsuits must be in compliance with FINA regulations for swimsuits. Medically justified requests for a variance in this should be addressed to Mike Cash (mike@bows.bm)

3.3 – Other Important Information

- A. We want everyone to have a fantastic time, but our primary focus is everyone's safety – the checkpoints exist so that we can get swimmers the chance to rehydrate, and so we can monitor swimmers progress and confirm they have reached various stages of the route
- B. If you have medical needs (e.g. EpiPen) you should find a safe way for you to have that with you during the swim. RTS will not provide individual kayaks, so a swimmer who has allergy risks needs to keep their safety equipment with them so it is easily and swiftly accessible if needed. RTS will not carry such medical devices on board the vessels monitoring the swimmers.
- C. The safety team has a good sense for which swimmers look like they require monitoring, they will stay a safe distance (especially the boats for the safety team) so as to not distract or annoy swimmers – but they will be watching you
- D. If you need assistance stay where you are and raise one arm above your head moving it back and forth to signal the safety team
- E. When entering the water to start your swim, remember that Bermuda is a coral island, enter feet first and try to do a shallow drop into the water so you don't risk hitting your feet on something sharp on the bottom
- F. If you exit the water please inform an official as soon as possible – we do not want to be searching for you while you are back at the hotel/home!
- G. If you get out on land, please find a way to contact someone to let them know you have exited the water – Bermuda is a friendly place, stop a passing car and more than likely they will be willing to drop you at the Aquarium – when you get there, ensure that you inform a Race Volunteer that you have withdrawn, and give them your Race Number.
- H. You will get a lot of sun exposure, so consider using a significant amount of high SPF sunscreen
- I. Hydrate – plan to get into the water at the start feeling like you have had a lot of fluid already
- J. Your start dock is on private property, please respect that so that we will be able to continue to use the dock in future years
- K. Since the docks are on private property, there are no toilets available, so please come prepared
- L. There will be drinks at start docks, but these will also be moved to checkpoint docks, so please try to bring your own drink to the start so there is enough to drink at checkpoints/the finish
- M. At the finish your time will be taken as you cross under the arch via the timing chip in your swim cap – keep your head above water to ensure the chip registers at the finish
- N. The finish is at the Aquarium, there are scaffolding steps after the finish arch - your time will already have been taken, so please take your time on the steps so you don't hurt yourself

- O. Your bag will be delivered from the start to the Aquarium, and will be in an area arranged by swim distance - with ~125+ swimmers per distance, here are some simple considerations about bags:
- Bring the clothes you will want at the finish (probably what you are wearing to the start), a towel, and some money for food and drinks at the finish. You probably won't need more than that
 - We are having to move ~125+ bags to the finish from each start location, please do not bring heavy or bulky bags as it makes the job so much tougher for us
 - We will provide tags to go on your bag – these will have your race number on them – this way the volunteers can attempt to sort bags and make it easier for you to find your bag post race
 - Bring a bag that zips shut – bags with strings may open during transportation and you might lose valuables. We will not be responsible for anything lost during the delivery of bags
 - Bring a bag that is easily distinguishable from other people's bags – after a long swim you will not want to be having to guess between identical bag types (the number tags should help with this, but there is always the risk that a tag is torn off the bag during moving)
 - There are going to be food and drinks (alcoholic and non-alcoholic) at the finish, with proceeds going to support the charity. Please bring money so that you can enjoy yourself after your swim, and support BZS – small bills appreciated
 - Once bags are delivered to the Aquarium, they will be put in specific locations for your distance. Look for a sign indicating where the bags for your distance are located to narrow the hunt for your belongings
- P. There will be fresh water to rinse off, and a changing area so you don't need to flash everyone!
- Q. The finish is at the Aquarium – we will have live music, and the Aquarium is a wonderful place with loads of great exhibits and information about the island – take a wander and see how special a place Bermuda is, enjoy it but respect it
- R. Presentation will be about 2:30pm on the lawn at the Aquarium
- S. If you have the Visitor Package, buses will depart for Grotto Bay at about 3:30pm

SECTION 4 – SWIM ROUTE & NAVIGATION

4.1 – Overview

All distances are completed within Harrington Sound, and hence is RTS not an open ocean swim, simply an open water swim. The distances start at staggered times to result in distances approximately finishing at the same time. The finish is at the Bermuda Aquarium Museum and Zoo (one of our sponsors).

4.2 – Route Maps

The following route maps reflect the total swim zoomed out to also show where the route is against Harrington Sound. For a detailed overview of your distance go to www.bows.bm/round-the-sound and scroll down to the green boxes to access the respective document.

