

SQUID PRO QUO



What better way to start the open water season than with some Bermuda water, several distances, and a night swim to kick start your training

SQUID PRO QUO gives you three swims of 1 mile, 5km and 1500m to get your training underway while balancing it with a dose of Bermuda fun and beauty

Organized by Bermuda Open Water Swimming Ltd.

Squid Pro Quo – Event Info – vFINAL

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Background:

Bermuda is a fabulous place for open water swimming, and many swimmers, both locals and visitors, enjoy the beauty offered by the Atlantic. What better place to get your open water season started than our beautiful waters which should be about 68°F/20°C by late April.

Squid Pro Quo is focused on getting people an early start on the open water season with no stress or obligations.

- if you want to wear wetsuits – **no problem**
- if you don't want to do all three swims – **no problem**
- if you want to bring a team or non-swimming friends – **no problem**

The goal is to have an enjoyable start to the open water season, get you back in the ocean, and remind yourself that ocean swims are a welcome break from pool black line training!

Squid Pro Quo is made up of three separate swims aimed to help you get some open water distance under your belt, and have a great Bermuda swim experience:

- Friday evening – a one mile swim starting and finishing at the Grotto Bay beach
- Saturday morning – a 5km swim starting and finishing at Shark Hole in Harrington Sound
- Saturday night – a 1500m swim starting at Trunk Island and finishing at the Aquarium, after which we will have food and drinks in the main hall of the Aquarium

Sign up for 2024 and get your open water training kick started!!

Squid Pro Quo Series Details:

Feel free to do one, two or all three of the distances – we are trying to make the focus on getting in some distance, so if you want your time please wear a watch and time yourself! If you want to wear wetsuits, that's fine, again the focus is on giving you an early season chance to get in the water. The sea surface temperature in late April should be approximately 20°C / 68°F, hopefully warm enough for most participants, but also prior to peak boating season.

Cost – \$125

Transport for overseas swimmers – not required for Friday, on Saturday we will see what interest there is and if desired arrange transport for a small incremental fee (to/from Shark Hole on Saturday morning, to/from Aquarium Saturday evening). Guestimated cost will be \$25 per person (much cheaper than 4 taxi rides, and less thinking required!)

Registration – go to Squid Pro Quo page at www.bows.bm/squid-pro-quo and follow the link for registration via runsignup.com

Saturday night Dinner/drinks for non-swimmers – \$50 payment strategy for collecting to be finalized (it's low stress, we will figure it out!!)

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Friday One Mile - route description:

We start off with a 6:30pm evening swim that people flying from the US/Canada will arrive in time for. Start and finish are at Grotto Bay (who are also providing a special rate for guests, so you can roll right out of your room for this appetizer). Timing of flights will enable swimmers to fly in as late as Friday and still join this swim.

Start at the beach and navigate the triangular course in a clockwise direction, returning to Grotto Bay for the finish.



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Saturday 5km - route description:

Saturday morning 10am start - this is an out and back route in Harrington Sound, starting at Shark Hole, heading around Dingle's Island out to cockroach island (which is the mid race turn around, and retracing your route back to Shark Hole. We will have boats and buoys to help guide swimmers and ensure you don't miss the turns at Dingles and Cockroach Island!!



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Saturday 5km (weather impacted alternate route) - route description:

Saturday morning 10am start - this is an out and back route in Harrington Sound, starting at Shark Hole (hence you only need to know that we will start at Shark Hole, no guessing start locations), heading along the south side going inside Turtle Island, to No Name Rock, and retracing your route back to Shark Hole. We will have boats and buoys to help guide swimmers and ensure you don't miss the turns at Turtle and Non Name Rock!!



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Saturday 1500m - route description:

Saturday night 8:30pm start – this is a night swim, and we will provide everyone with a tow buoy and glow sticks for visibility. The course buoys will also have lights inside them for easy sighting) in practice this will make navigation pretty easy!! The course starts at Trunk Island (we will get you out there by boat) and you swim a route back to the Aquarium, following which we will have drinks and dinner in the Main Hall of the Aquarium.

