

## The 4km Fahal Island Swim

On the 13<sup>th</sup> of May 2010 it is time again to experience one of these unique challenges in Oman: the 4 km Fahal Island Swim. This year the 13<sup>th</sup> May is the most appropriate morning for the swim. This is based on the tide tables, however does not say anything about the wind and currents! This long distance swim is only for physically- and mentally strong swimmers. Do not think about participating without a solid base in swimming. Every year there were minor incidents that forced the committee to tighten the rules and to ascertain a safe event.

People are expected at the PDO boat club and to be ready at 6:30 am. At 6:45 am registration and liability forms have to be finalised. After the swimmers count on the beach, at 7:00 am the support boats will shuttle the swimmers to Fahal Island. Last swimmers count will be conducted at the Fahal Island and at 7:30 am the green light will be given for you to swim back the 4km to the boat club at the PDO beach. Depending on the wave and currents, the fastest swimmers will do this in around one hour; the slower ones may take up to three hours. The purpose of the Fahal Swim, however, is not about winning, but about getting this warm feeling of belonging to an exclusive group of people that are brave enough to challenge the open waters of the sea.

### Here is a short re-cap of the rules of the Fahal Island Swim:

It's an endurance event, not a race. Times will be recorded but there is no specific prize for the first or last swimmer. You can swim whatever stroke you want, but flippers and flotation devices are not allowed (unless in emergency situations).

Obviously, safety is of paramount importance in the whole event. As said before, you should make sure that you are physically fit and capable of exercising for a period of time. You can swim as an individual or in a group, as long as you have a boat cover to provide assistance in case of problems. Arranging a boat cover is the responsibility of every swimmer; the organizers do not allow swimmers without boat cover to participate. *Swimmers under 16 should be accompanied by one of their parents as boat cover.*

Groups must swim together; those that break up will be hauled out by the marshals. This will especially affect groups of swimmers of mixed ability. So choose your team-mates with some care and stay together! We request the boats to stay clear of the race line at the start and accompany the swimmers 300m away from the island, at which point the swimmers will have funnelled into a single file.

It is mandatory for the swimmers to wear a swimming cap for visibility purposes. Exceptions can be granted by the committee. The committee will provide yellow swim caps.

The maximum number of swimmers in this event is set at 100. First come, first serve.

'New' swimmers to the event must show credentials of similar endurance events.

As it happened in some of the years before, we may have to cancel the swim at the very last moment when the weather does not permit a safe event. There will be no restitution of the entry fees. The entry fees are entirely spent on swimming caps, T-shirts and breakfast for all participants.

In the course of April the entry forms will be made available. Send an e-mail to the committee if you wish to receive an entry form. Start training!

Club Member fees: 5 OMR (swimmers)  
Non-Member fees: 7 OMR (swimmers, incl. gate pass)  
Non-member fees: 2 OMR (helpers/follow boat, incl. gate pass)

The organizing committee  
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