



the **TEMPEST OR TEAPOT SWIM** in Shatti al Qurum

23 July 2010—Muscat, Oman at 07:30am

RACE INFORMATION

The Swims

On the morning of Friday, 23 July, one of two things will happen in the Gulf of Oman: a choppy sea will stir cool water from the depths, or the water will be glassy flat and getting very warm. A Tempest or a Teapot. Either way, we invite you to join us for a summer swim series on the beach in Shatti al Qurum, Muscat. The event will consist of consecutive 800m, 400m, 1600m, and 200m swims and, as always, events will be free to participants of all ages. The start will be on the beach approximately 200m west the Costa Coffee building in Shatti, set beneath the shade of palm trees. Whether Tempest or Teapot, we hope to see you there.

What to Bring

Swim suit, cap, water, sunscreen, goggles, towel, extra water, extra sunscreen, and a change of clothes for later. There are showers on the beach nearby, but if they aren't working, the Park Inn has invited us to rinse off at their place before breakfast. If you want to bring along a spectator, or better yet a volunteer, that is great!

After the Race

Retire to the Park Inn in Al Khuwair for breakfast with a 50% off coupon on their 6RO Friday Breakfast, and a chance to win some great lucky-draw prizes from the Park Inn

What to do Now

Pre-register. This will allow us to make sure we have enough water for you, and that enough volunteers are available to make the event a success. It will also guarantee you a spot at the breakfast. Participants that do not pre-register will not be guaranteed a coupon for the Park Inn's breakfast.

Volunteers Needed!

Not interested in swimming? Anyone that wants to help is welcome to give us a hand. We need people to set up the course, take registrations, time the events, and keep track of places. We also could use anyone with a boat, kayak, or surf board to marshal the course and assist any distressed swimmers.

Sponsored by:



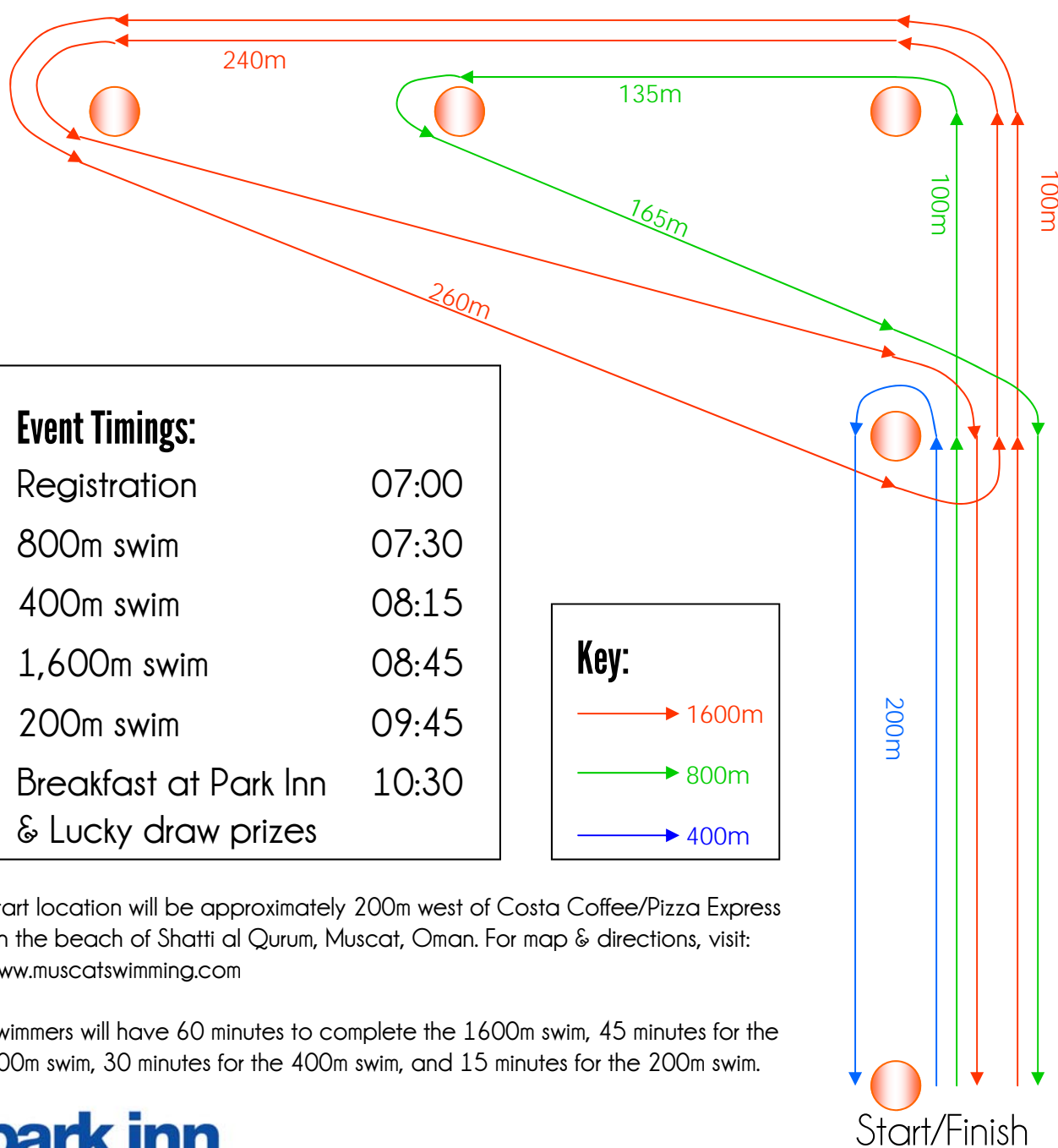
Email [info {at} muscatswimming.com](mailto:info@muscatswimming.com) for more details



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Event Timings:

Registration	07:00
800m swim	07:30
400m swim	08:15
1,600m swim	08:45
200m swim	09:45
Breakfast at Park Inn & Lucky draw prizes	10:30

Start location will be approximately 200m west of Costa Coffee/Pizza Express on the beach of Shatti al Qurum, Muscat, Oman. For map & directions, visit: www.muscatswimming.com

Swimmers will have 60 minutes to complete the 1600m swim, 45 minutes for the 800m swim, 30 minutes for the 400m swim, and 15 minutes for the 200m swim.

