



# NEVIS TO ST. KITTS CROSS CHANNEL SWIM

2025

SWIMMER  
MANUAL





## **WELCOME TO THE 25TH NEVIS TO ST. KITTS CROSS CHANNEL SWIM EVENT**

We would like to share essential information about the race so that you are well prepared for a great swim.

### **REGISTRATION 28TH MARCH 2PM – 5PM**

Swimmer registration is available at 2 locations:

- Spice Mill at Cockleshell Bay, St Kitts.
- Nevis Aquatic and Sailing Centre (NASC), Oualie Beach, Nevis.

You must register for the swim and receive your registration pack. This will include your personal race number, personal timing chip anklet with radio frequency identification, 2025 Cross Channel T-Shirt, and luggage tag to identify your bag which you need to deposit at the bag drop.

Please note that your registration pack and its contents are exclusive to you and cannot be replaced in case of loss nor can it be exchanged with another swimmer.

Registration is compulsory and failure to register on the allotted date and time will mean exclusion from the event.





## **SUMMARY OF THE RACE DAY SCHEDULE**

<b>Pre 6.00am</b>	<i>St Kitts residents arrive at Reggae Beach Jetty</i>
<b>6.00am</b>	<i>Boat departures start from St Kitts to Nevis</i>
<b>6.15am onwards</b>	<i>Boat arrivals start at Oualie Beach, Nevis</i>
<b>6.30am</b>	<i>Bag Drop opens</i>
<b>7.20am</b>	<i>Bag Drop closes</i>
<b>7.30am</b>	<i>Swimmers Briefing, NASC, Oualie Beach, Nevis (mandatory to attend)</i>
<b>8.00am</b>	<i>Race Start, Oualie Beach, Nevis</i>
<b>8.05am</b>	<i>Spectator Transfer Boat departs</i>
<b>11.00am</b>	<i>Event completion cut off 3 hours after the start time</i>
<b>11.00am</b>	<i>Awards ceremony</i>

## **SWIMMER TRANSFERS FROM ST. KITTS TO OUALIE BEACH, NEVIS**

Boats are available from the jetty at Reggae Beach, St Kitts to transfer swimmers to the start of the race at Oualie Beach, Nevis.

Swimmers will take priority on this transfer to ensure arrival at the race start. Spectators may travel on this transfer if space allows, for \$30 (USD) in cash, paid to a volunteer, or make their own travel arrangements by water taxi. It is recommended that swimmers arrive early and allow time for travel.



## Swimmer Return Transfers St. Kitts to Oualie Beach Nevis

After the race finish, a boat shuttle service will run from St Kitts back to Nevis. Swimmers will need to present their race number, spectators can accompany the swimmer for a charge of \$30 USD cash, first come first served pay on boat.

## SPECTATOR TRANSFERS

A boat is available for spectators to view the race from the water.

The boat will depart after the race start from the Oualie Hotel Pier at the NASC. Spectators will follow the swimmers and arrive before the first swimmer, to ensure spectators are at the finish before the first swimmer completes the course.

The cost of the boat is \$30 USD in cash and will need to be paid to a volunteer when boarding the boat.

## RACE START AREA

When in the **Start** area:

- Check your tow float. Swimmers must bring their own tow floats to the event. It's compulsory to swim with a tow float during the race. If a tow float is forgotten, we will be able to loan a tow float for the race.
- Put the timing chip on your ankle if you haven't done so already.
- Check your Tattoo is in place.
- Volunteers are on hand to help and will try and answer any questions you have.

Toilets are located within the NASC centre and at Oualie Beach hotel.

We encourage all swimmers and spectators to fill and bring their own water bottles on the day, this supports our mission of supporting the environment by avoiding the use of single use plastics.

Water will be available to refill your bottles at the Start and Finish.



## **BAG DROP**

Swimmers must bring one bag that holds all their kit for the day. The bag must have the luggage tag attached with the swimmer number clearly identifiable.

The bag drop location is a boat, situated at the Oualie Hotel Pier.

All swimmers must deposit their bags by 7:20am.

Bags will be transported to St. Kitts during the race and put in a secure area.

Bags can only be retrieved by the swimmer showing their race number tattoo that corresponds to the number on the bag.

## **RACE START AND THE EVENT**

To ensure swimmer safety during the event swimmers must:

- Wear the personal chip timing transponder on their ankle.
- Have an inflated tow float worn around the waist.
- Race number tattoo on the left shoulder.
- Wear the official swim cap provided in the registration kit.



Failure to start, swim or finish with both the swim hat and tow-float will lead to extraction from the water and disqualification from the event.



We recommend applying the tattoo onto the left shoulder on the morning of the swim. Please apply sun cream after the tattoo is fixed.

If you lose your timing chip or need to return to the shore at the start of the race or if you fail to cross the timing mat at the finish you **MUST** return your timing ankle chip to a Marshall without delay.

All participants must return their race timing chips to ensure all swimmers are accounted for and prevent any unnecessary search and rescue procedures. Failure to return the race timing chip will result in disqualification.

For swimmer safety the use of mp3, radio devices etc. and snorkels during the event is not allowed.

Swimmers can use pull buoys, flippers, paddles, wetsuits and buoyancy shorts but this will mean swimmers are not able to be considered for the race classification results and podium places.

**It is mandatory** to attend the Swimmer's Briefing before the race start on Oualie Beach at the NASC at 7.30am.

Swimmers must be ready to enter the **Swimmers' Area** at the entry point into the start zone. The start is located at the Start Arch and timing chip mat. Swimmers must pass over the timing mat. Starting from the beach outside the start zone is not allowed and will result in extraction from the water and disqualification.

Swimmers will be called to their marks. The start will be signalled by the blast of a horn.

If weather conditions prevail it may be necessary for a wave-based start with slower swimmers starting first, this will not affect the race results as swim times will be captured when crossing over the mat.



## THE RACE COURSE



The race is a 4.1 km/2.5mile swim route from Oualie Beach, Nevis across the Narrows to the Spice Mill at Cockleshell Bay Beach, St Kitts.

Currents and wind conditions will influence the swim course, the race Briefing will update on the environment and potential race route.

The Spice Mill will be clearly identifiable by the finish arch and flags on the beach.



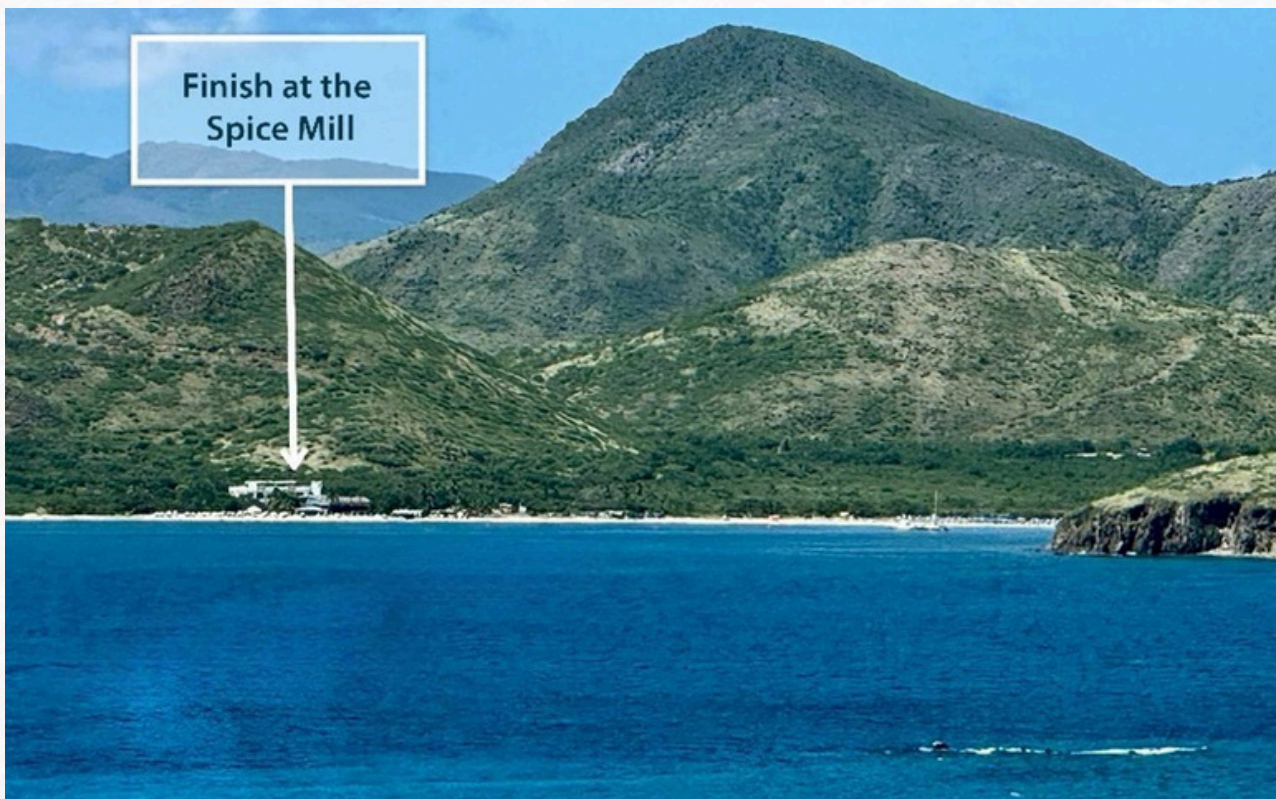
## FOR YOUR SAFETY

Throughout the race, it is best to swim continuously to not lose time and to avoid getting cold.

Swimmers should check their swim course regularly and adjust their swim line to take account of any prevailing conditions. Kayaks will escort the swimmers as close to the race line as possible, but they should not be relied upon for directions of the race route.

In the event that you get into difficulty, remain calm and signal to the nearest safety support craft by raising your hand, waving for help and shouting for assistance. Swimmers should keep their heads out of the water and swim hats on to ensure they remain visible. Swimmers should wait until the nearest safety support reaches them:

- If this is a kayak, the kayaker will move toward you, so you can hold on for support. It is important to hold onto the end of the rather than the side of the kayak, to avoid capsizing it. The kayaker will then signal to the nearest boat to remove the swimmer from the water.
- If the nearest support is a motorised boat, the swimmer should make sure they have visual and verbal communication with the boat captain. Swimmers should not approach the boat until permission and signals are given to confirm it is safe to approach the boat.



The race will close 3 hours after the race start time. Any swimmers remaining in the water will be picked up and taken to the finish point.

## **FINISH POINT**

The finish point at the Spice Mill is highly visible marked with a finish arch and coloured flags.

Swimmers should aim for the Finish Arch on the beach where the timing mat will be located. Passing over the mat will mark the finish of the swim course; the time of the swim will be determined by the ankle chips that will interact with the detection mat.

Any swimmers not able to step on the timing mat will be deemed as did not finish (DNF).

Competitors will hand over their timing chip anklets to officials within the finish area.

At the race finish, swimmers will be able to enjoy Coconut Water provided by Tropical Delight.

Under 14 years will be able to collect the Nevis St Kitts souvenir swim hat.

## **BREAKFAST**

Breakfast is available at the Spice Mill from 9.00am–12.00pm.

Swimmers must show their race tattoo numbers to enjoy the post swim breakfast.

Supporters will be able to purchase food separately.



## AWARDS CEREMONY

The Awards ceremony will start at 11.00am at the race finish area on the beach. Awards will be made for the fastest times for males and female in the following age groups:

- Under 14
- 14-19
- 20-29
- 30-39
- 40-49
- 50-59
- 60-69
- 70-79
- 80+



## RESULTS

Results will be posted on the Nevis St Kitts Cross Channel Results page after the event. Link here: [Nevis To St Kitts Race Results 2025](#)

And later on [www.nevistostkittscrosschannelsswim.com](http://www.nevistostkittscrosschannelsswim.com) and our [Facebook](#) page.



## **FOCUS ON SUSTAINABILITY IN EVERYTHING WE DO**

We are conscious of the importance of protecting the world's natural wonders. And we're acutely aware of our responsibility to not only take care of the natural environments which we are lucky enough to explore, but also to educate our swimmers about the importance of conservation efforts and responsible tourism.

It's for this reason that we have worked closely with our partners with the aim that our events are conducted in the most responsible and sustainable way possible, working to minimise the impact of our presence on local marine life and the natural habitat. We kindly ask all competitors to follow the rules to help us keep the race environmentally friendly.

We trust that the swimmers will pay particular attention to the sea and shores cleanliness, by depositing any waste appropriately.



**WE THANK ALL THE SUPPORTING ORGANISATIONS AND PEOPLE**

**Nevis Tourism Authority and Ministry of Tourism  
St Kitts Tourist Board  
Zone 3**

**Tropical Delight for providing coconut water  
Hydration stations by Espo water solutions  
Nelson Spring Water  
Blue Water Safaris  
Islander Watersports  
Nevis Aquatic and Sailing Centre (NASC)**

**And the many volunteers without whom this event could not take place.**

