

PALAU

Open Water Weekend



Hosted by Palau Swimming Association

June 7-9, 2019

Alii Swimmers and Adventure Seekers!

We welcome you to the 2019 Palau Open Water Weekend! Get ready for one of the best swimming experiences you could ever imagine. All of us here with Palau Swimming Association are excited to meet, talk story, and swim with you this summer. So again, Sulang (*“Thank you” in Palauan*) for your interest to come out to this very special and unique event.

To help you out with any expectations, how things will be run, and where and what time is what, there is plenty of information included in this booklet to serve you.

It would be an honor to have you here for the weekend, and more if you choose to make a longer trip of it. Besides our beautiful swimming and snorkeling, we have the world’s best diving, a slew of WWII history, including the famous battle site down in Peleliu, and our breathtakingly beautiful Jellyfish Lake. Beyond that Palau has several different waterfall hikes, cultural sites, and a wide variety of world cuisine (besides the obviously incredible seafood).

I hope you come out and explore our true pristine paradise with us. If you have any questions, or if there is anything that I can do to help make your trip planning any easier, get you set up with dive shops, other tours, or accommodations, please let me know at any time.

See you this summer,

Billy Brown

*Palau Open Water Weekend Director
Palau National Team Head Coach*

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*Follow us on Facebook at
“Palau Swimming”*



Friday, June 7 - Rock Island Water Polo (Sponsored by Kap7 Water Polo)

This latest addition into the Open Water Weekend, will be a blast as we will host a couple of Water Polo games out at “Pinchers” which is a semi-closed and protected bay in the Rock Islands. Don’t worry, we will have some games for all levels, so everyone gets to get in on the action. With surrounding natural beauty, and our pristine clear ocean waters to play in, this will be an event like no other!



Saturday, June 8 - Palau Open Water Swim, hosted by Palau Pacific Resort

This race is will be our fourteenth year hosting this prestigious event! Off the shore of one of the most beautiful beaches in all of Palau, our race will be offering five different distance options for all levels of swimmers. The shortest race offered is a 250m race that goes down and back along the sandy shoreline in shallow water. The next distances up are the 500m and 1500m, which will be swum in a square shaped (500m) course. As far as the 3k and 5k events go, we have the swimmers head off towards the isolated “One Tree Island”. The 5k swims out and around the island then returns back to the beach, while the 3k does the

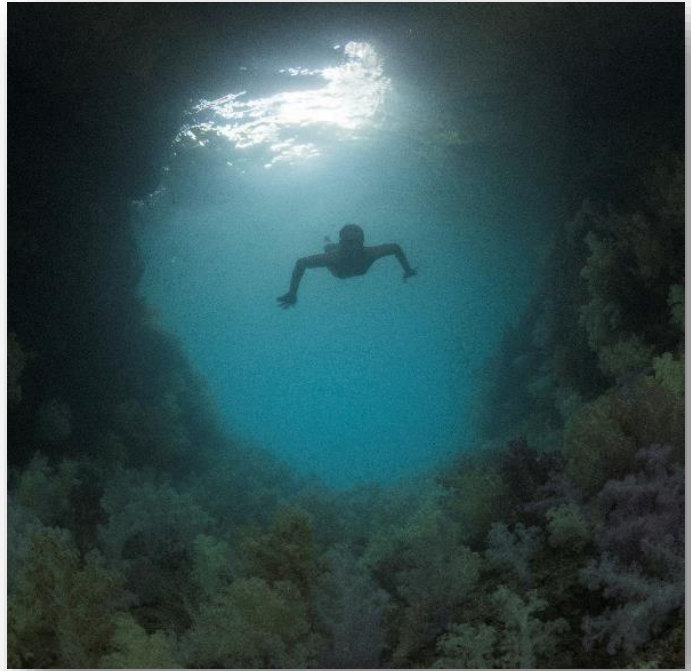


same, but turning back right before the island. The race will have a “Beach finish” which will lead approximately 15 meters up the finish chute. Awards will be given for the top 3 finishers in each age group and distance. On top of the light breakfast buffet, each swimmer will receive a commemorative event shirt.

Sunday, June 9 - Rock Island Adventure Swims

This “One of a kind” swim, will take us into a UNESCO World Heritage Site where we will have two picturesque “adventure” swims. Neither one of the swims is considered a race, and the swimmers are encouraged to simply enjoy the view as we swim the best locations in the pristine Rock Islands together.

The morning swim is roughly a 3-4k and is scheduled to swim down the coral reef and wall of the most pristine dive site in Palau. Over the years we have seen numerous (and nice) reef sharks, turtles, eagle rays, and every color of fish imaginable at this spectacular location. The second swim is scheduled to weave in and around our beautiful Rock Islands, and finish by swimming through a rare opening in a Rock Island that is known as “Soft Coral Arch” (which is surrounded by unique feather and fan coral), that leads to the most picturesque finish imaginable.





In between the two swims, we will boat off to another remote island where we will have a BBQ lunch with an abundance of local foods and refreshments, as well as time to enjoy a shady spot under a tree and enjoy the view. A special commemorative gift will also be given at the end to each swimmer who participates in the entire weekend.

Event Timeline

Friday, June 7 (Rock Island Water Polo/Open Water Pre-Race Events)

8:30am – Meet at dock

9:00am-3:00pm – Rock Island Water Polo

5:30pm – Palau Open Water Race Registration and briefing @ PICRC
(pasta carbo-load dinner included)

Saturday, June 8 (Palau Open Water Race)

5:30-6:30am – Check-in for distance events (3k/5k)

7:00am – Distance races start

7:30-8:30am – Check-in for shorter events (1500m and shorter)

9:15am – 250m start

9:30am – 500m/1500m start

10:30am – Food line opens

11:00am – Awards

Sunday, June 9 (Rock Island Adventure Swims)

7:00am – Meet at dock

7:30am - Depart for Rock Islands

6:00pm – Arrive back in Koror



Event Pricing Options:

- **\$250** for the entire Open Water Weekend (All three events, the Event Dinner, and the Koror State Rock Island Permit, which is good for 10 days) **If you want the permit to have Jellyfish Lake access, it is an additional \$50 (\$300 in total). If you want this, please specify when you register.*
- *Or* **\$75** for the PPR Open Water Race (Saturday only)

Things to consider about Palau:

- Passports are ***mandatory*** for entry into Palau, although Visas are not needed.
- Palau has a daily flight that comes in from Guam (United Airlines), as well as three times a week from Taipei (China Airlines), and two flights a week from Seoul (Korean Airlines and Asiana Airlines), and Manila (United Airlines).
- Palau is a very warm climate. When packing think about bringing light, breathable clothes, as well as other sun blocking type clothing.

- Palau uses the U.S. dollar, and most businesses take Master Card and Visa. Unfortunately, AMEX and Discover are rarely taken out here. We do have a Bank of Hawaii, a Bank of Guam, and Bank Pacific here in Koror.
- Since we will be on and around the water all weekend, you will probably want to make sure that your camera is waterproof or at least have a good case. If you do have a “dry bag”, you will want to bring it. The boats are not well protected from the elements, so the locals bring their stuff in dry bags when going out on the boat. A light rain jacket comes in handy at times as we have passing island showers.
- We use the U.S. style of power outlets.
- The area code is 680. SIM cards are available to buy pretty cheap. Internet access in Palau is sold at most stores/restaurants with an easy access code card. The price for access is \$1.00/hr. Our internet/cable company PNCC, also sells Data plans/cards as we have now have 4G in Palau, Woohoo!

Hotel Options:

Palau Central Hotel

www.palaucentral.com

reservations@palaucentral.com

(680) 488 4500

- Standard (sleeps 2), \$135 per night
- Deluxe (sleeps 3), \$145 per night

**Includes Breakfast and Wi-Fi*

**The room rates described is the special event rate. The hotel is very well located, just opened a year ago, and gets great reviews from all of our guests that stay. Contact Rod or Irene at reservations@palaucentral.com and make sure you mention “Palau Open Water Weekend” so you can get this special rate!*

Palau Pacific Resort

(680) 488 2600

www.palauppr.com

This is the host hotel for our Palau Open Water Race. It is the most luxurious resort in Palau, and has all the amenities you can ask for. They have a very special and generous rate for our swimmers, which will even include your race entry fees (Saturday only). Make sure you mention “Palau Open Water Weekend” to receive this special rate.

Palau Royal Resort

www.palau-royal-resort.com

(680) 488 2000

- Standard Garden Room (2 bed)- \$190 residential rate/ \$340 international rate +17% service tax
- Deluxe Twin Room (2 bed) - \$ 250 residential rate/ \$400 international rate +17% service tax

Note: Accommodations come separate like breakfast meals. Free Wi-Fi in restaurant. Promo rates come out May through June

The Cove

(680) 488 4333

www.covepalau.com

- Standard Garden Room (2 bed)- \$160

*This was last checked online, but it is our newest hotel in Palau, and has a nice “Disney like” pool, restaurant, and swim-up bar. Rooms are really clean and big.

Yuhi Motel

(680) 488 5955

- Single Room - \$95 per night +12% room tax

- Twin Room- \$95 per night +12% room tax
- Triple Bed- \$120 per night +12% room tax

Note: All accommodation comes with free Wi-Fi and Mini Kitchen and Living room.

Guest Lodge Motel

(680) 488 6320

- Single and Twin Room - \$58 local rate/ \$68 international rate with 12% tax
 - *\$15 extra charge for additional bed
 - ** \$5 per day charge for Wi-Fi.
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West Plaza Hotels

(680) 488 2133 - Reservation Line

west.plaza@palaunet.com

www.wphpalau.com

- Deluxe Room (1 King and 1 roll-in bed) - \$150 per night + \$25 for additional third bed.
- Twin room (2 bed) -\$124 per night + \$25 for additional third bed.

There are *Five* West Plaza Hotel locations:

- By the Sea (T-Dock)
 - Coral Reef (M-Dock)
 - Desekel (central Koror)
 - Downtown (town center)
 - Malakal (outer part of Koror)
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Palau Caroline's Resort

(680) 488 3755

reservation@carolines_palau.com

- Standard Room - \$168 with 12% tax
- Deluxe Room - \$194.65 with 12% tax

** Includes free Airport Transfer, Wi-Fi, and breakfast*

Lehn's Motel

lehnsmotel@palaunet.com

(680) 488 1486

Facility does not serve meals but family rooms have full kitchen. 5-minute walk to supermarket and restaurants

Family rooms (two bedrooms, sleeps 5-6, kitchen), holding 3 rooms, \$97 per night

- Twin (two queen beds, sleeps 2-4), holding 1 room, \$65 per night
- Single (one queen bed, sleeps 1-2), holding 1 room, \$45 per night

Additional singles and twins are available.

Rose Garden

(680) 488 7671

www.palaurosegarden.com

Single, double and family (3 persons) all include breakfast. Price is \$136 per night. Hotel is not on the sea, but is up on the hill which has a spectacular view. It is only 8-10 minutes' walk from the national pool and from PPR event site.

Car and Van Rental Options:

ARJ

680-488-8200

Located across from Kumangai Bakery on Lebuu Street

Toyota Sedans for \$45 per day

Budget

680-488-6233

Located Topside or at Airport

Nissan sedans for \$52.95, SUV \$67.95, Van (9-person) \$89.95

IR

680-488-5600

Sedan (seats 4-5) \$30

Island Car Rental

680-488-2628 or 1536

Located in Malakal

Sedan (seats 4-5) \$50.00-\$55.00

PIDC

680-488-8350

Located in Topside

Sedan (Toyota) \$45, Van (8 person) \$65

Does not accept reservations; walk-in only

Toyota Rent-a-car

680-488-5599

Sedan \$55

Van (6, 7, or 8-seater) \$60

**All prices were quotes we received in the past few weeks, they could change by the time you book (hopefully for the cheaper). Feel free to ask if you need any help.*