



## RACE INFORMATION

### THE AMPHIBIAN WATER SWIM CHALLENGE

THE BLUE LAGOON, NORTHFIELD LANE, WOMERSLEY, DN6 9BB

SATURDAY 15th SEPTEMBER 2018 – 1km, 2km, 3km

SUNDAY 216th SEPTEMBER 2018 – 5km, 7km, 10km

Here's all the information you need to ensure your swim goes as smoothly as possible. Read it, remember it, and if you're not sure about it get in touch via [info@amphibianevents.co.uk](mailto:info@amphibianevents.co.uk).

### Car Parking

Car parking is available in the main car park and we ask that you park considerately. If the main car park becomes full, additional parking will be available and in this instance Marshals will direct you to available parking. All vehicles are parked at owner's own risk.

### TIMELINE

SATURDAY 15th SEPTEMBER 2018

08:00 - 0930 Registration

08:00 - 16:00 Event Expo & Spectator area open

09:30 - Race Briefing

09:45 - Warm up swim / acclimatisation

10:00 - Race Start

14:00 - Race Close

## **SUNDAY 16th SEPTEMBER 2018**

08:00 - 0930 Registration

08:00 - 16:00 Event Expo & Spectator area open

09:30 - Race Briefing

09:45 - Warm up swim / acclimatisation

10:00 - Race Start

16:00 - Race Close

Please note that all swimmers will be required to show some form of photographic identification at registration.

### **Spectators – Where to go**

Great viewing areas are available around the Blue Lagoon and we have created a perfect area for spectators to catch swimmers as they exit the water and run back to the swim start. Certain areas will be out of bounds but these will be clearly marked and fenced off. We ask that spectators don't enter these areas or enter the racecourse. **We also ask that spectators do not enter the water of the lagoon. No pets are allowed on site.**

## **Race Registration- 08:00 to 09:30**

The registration will take place in the cafe area of the main building. All competitors must be registered no later than 30 minutes prior to the race start time, please do not be late.

Ensure that before registering you know your race number. Your race number can be found on the board in the registration area. Finally please remember that you will be required to show some form of photographic identification (photocopies are fine). At registration you will be issued with your swim cap, timing chip & Race Pack.

## **Changing Facilities**

The venue has changing facilities, which are positioned in the main building and also at the swim village near the swim exit. Toilets are in the main building.

**The Swim** will be a **clockwise** swim around the lagoon. The swim will be a deep-water start in front of the slipway and will be clearly marked. All swimmers irrespective of distance will start together. You will be able to identify other swimmers in your race by their swim cap colour. The slipway will be matted and carpeted into the water to the edge of the platform at which point it is deep enough to jump/dive in to the water. The edge of the platform will be marked and marshaled.

## **Race Numbers**

All competitors will be issued with a number tattoo, which must be worn on your left cheek. Marshals will be on the decking outside the registration to assist with putting on tattoos. Please note that face creams and make up may affect the adhesion of the tattoo.

## **Timing Chip**

Timing chips must be worn on your ankle at all times. Please ensure your chip is secure as a lost chip could result in missed timing splits. If you notice your chip is missing please inform a marshal as soon as possible, stating your race number.

## **The wetsuit policy**

Whilst the water temperature will more than likely mean wetsuits will be optional we recommend wearing one for warmth and also the additional buoyancy it offers. Less confident swimmers will find using a wetsuit very beneficial. Prizes will not distinguish between swimmers wearing a wetsuit or not. If you don't own a wetsuit we have a hire service at the venue that can hire you one for the day (collect at registration) for £5. Please email [info@amphibianevents.co.uk](mailto:info@amphibianevents.co.uk) for more information or to reserve a wetsuit in advance.

**Wetsuit policy will be determined along the following guidelines:**

<b>Swim Length Below</b>	<b>Forbidden Above</b>	<b>Mandatory</b>
1km & 2km	23°C	15°C
3 & 5km	24°C	16°C
10km	24°C	17°C

\*any deviation from these guidelines will be at the discretion of the swim safety manager.

**The swim route** is very simple. Each of the swims will follow a clockwise direction round the 1km swim circuit keeping the marker buoys on your right. For most of the swim you will be following the shoreline of the lagoon. Regular sighting is essential to ensure you don't stray in to shallow water. You must always swim to the left hand side of the large swim marker buoys, any competitor who cuts inside a buoy will have their result neutralised to the bottom of the results and marked as "course incomplete". Both the swim entry and exit points will be marked with large blue gantries.

**The swim exit** is at the shallow beach area and will be matted and carpeted. Marshals will be present to help you out if you need, but we suggest you swim as far as possible until your hands touch the bottom. A gantry will mark the exit. As you exit and move up the beach there will be boxes to deposit a lap band (5km, 7km & 10km events only). You remove one lap band after every swim lap and once you've removed all bands you then head to the finish.

Bands will be issued to the 5km, 7km & 10km competitors as follows:

5km x 5

7km x 7

10km x 10

**The run** will take you from the beach and right in front of the spectator area. The full length of the run will be carpeted so is suitable for bare feet. About half way along the run there will be a feed station serving nutrition.

Energy can be taken on the fly and there will be marked areas for you to throw your empty cups and gel wrappers. A separate table after the main feed station is where competitors can leave their own nutrition. Please clearly mark your bottle/food so it doesn't get accidentally consumed by someone with a similar bottle or wrapper.

The combination of swim run laps for each distance will be as follows:

1km (1 x 1km swim, 1 x 100m run/walk)

2km (2 x 1km swim, 2 x 100m run/walk)

3km (3 x 1km swim, 3 x 100m run/walk)

5km (5 x 1km swim, 5 x 100m run/walk)

7km (7 x 1km swim, 7 x 100m run/walk)

10km (10 x 1km swim, 10 x 100m run/walk)

**The swim re-entry** down the slipway is a jump/dive start back into the water. Please note where the platform ends it is a sheer drop down to 2 meters, this will be marked by two traffic cones and will be marshaled. Please jump/dive forward clear of the platform. Whilst the slipway and platform will be carpeted and matted please take care as you run down. Once in the water lane ropes will guide you left to start the course. You will immediately pick up the large marker buoys, which you keep on your right throughout the swim.

**Finish** - Once you've completed the required number of swim laps (swimmers must count their own laps) you will exit the water and run the final 100m. At this point you head straight forward towards the finish gantry. Your Amphibian time only stops once you cross the finish line. At the finish there will be water available and you will collect your finishers medal.

## **Swim Safety**

There will be a swim safety team with medical support during the swim. If you require any assistance, then if you are able, please make yourself known to one of the safety team by rolling onto your back and signaling with one hand and if possible making a noise. The water safety team will then help & support you. If required, the safety boat will transfer you back to the finish area.

If you require any help at all, then please make as much noise as possible to attract attention. You are not allowed to hold onto any safety boats for a rest. If you are seen to be struggling or swimming on your back, you will be taken into one of the safety boats & then taken to the finish area. It is the swim safety teams decision as to whether they think it is safe for you to continue.

## **Age Restrictions**

The minimum age for all competitors is 12 years old for 1km and 2km & 3km events and 18 years for 5km, 7km and 10km events, unless prior agreement has been made with the race director.

## **Medical Conditions**

If you have any type of medical condition or are taking any type of medication please write a large 'MC' on the front outside of your swimming hat. Please write your medical condition fully on the inside of your swim hat. This will only be used in the event of you being involved in an accident or are taken ill. Also if you wish please speak to our medical team about any concerns prior to the event.

## Results

Times will be displayed on the TV screen near the finish area. Provisional results will be available to download on our website the Monday following.

Any Questions please drop us a line at [info@amphibianevents.co.uk](mailto:info@amphibianevents.co.uk) or give us a call on 07771 801940.

All the information here is believed to be true at the time of going to press. Changes may be required ensuring that the event is organised safely and within the law, these changes may be made without notification. The organiser has the final decision.