



## *Swim the Lake (Ardingly Resv.) 2019*

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# RACE DAY INFORMATION





# Ardingly 'SWIM the LAKE',

## Race Instructions

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Event date: Wednesday 19<sup>th</sup> June 19.00hrs start.

Distances: 3km/ 1.5km/ 750m

**NO ENTRIES ON THE DAY TOTALS REACHED**, we advise all to enter BEFORE making the journey down. **You can enter until Tuesday 19<sup>th</sup> 2000hrs – OR when we reach MAXIMUM Entries, which will possibly be sooner.**

Wetsuits required up to, & including, 23degrees- No swim without it, Activity Centre and Water company rules. This is a British Triathlon sanctioned event, with amended wetsuit ruling.

Please note: maximum swim time for 3km is 1hr 40min, the water will be cleared at 20.40hrs

### DECLARATION PRIOR TO RACING

**All competitors should compete the waiver form on the link**, failure to do so will mean no admittance to the water on race day.

Also in line with British Triathlon rules YOU have agreed on entering (via Terms and Conditions) that you are physically fit and have trained to attain the fitness and experience in order to take part in this open water event, to this end you will need to complete a 'Competitor Responsibility Form' at registration.

This is an Open water event, so please ensure you have swum outside before the race. Training at [Weir Wood Reservoir](#) throughout the summer on Tuesdays and Thursdays Starting in April 16.30-19.30hrs

### VENUE

***Ardingly Activity Centre, Reservoir road, Ardingly, Nr Haywards heath, W Sussex, RH17 6SQ***

On the road from A 2028 from Turners Hill to Haywards Heath, in the village turn into College road and past the college. This water is controlled by the Activity Centre, who is providing the facilities and support cover.

### Waiver form

to be completed by all competitors, please complete on-line [HERE](#)



## EVENT TIMETABLE

17.15 Registration opens

18.30 Registration closes

18.30 Water warm up

18.45 Race Briefing next to swim entrance/exit

19.00 Race start- 3km-19.00hrs, 1.5km-19.05hrs, 750m- 19.08hrs

20.40 Event will finish - Maximum time finish, anybody swimming beyond this time, will leave the water.

**20.40 Water will be cleared.**

21.00 Prizes

**21.20 The venue will be locked up; ALL persons must leave at this point or be locked in).**

## ARRIVAL

All competitors to use the car parking at the College Pre-Prep school/ college student car parks, suggest you park in these areas and walk down as turning around and driving back will use up precious time. The Reservoir parking car park will cost you (£1).

## REGISTRATION

Opens at 17.15hrs and will close at 18.30hrs prior to the briefing and start.

TO HELP SPEED UP THE REGISTRATION PROCESS, YOU WILL BE EMAILED A 'RACE TICKET' ON TUESDAY MORNING. PLEASE EITHER PRINT THIS OFF or SAVE TO YOUR MOBILE DEVICE SO WE CAN SCAN IT AT REGISTRATION.

*If you are NOT on the list and only recently entered don't worry, we will register you manually. THOSE THAT DO NOT HAVE THEIR RACE TICKET WILL BE ASKED TO STEP TO ONE SIDE AND WAIT UNTIL ALL THOSE THAT HAVE GET PROCESSED.*

*You will need to read and sign a 'COMPETITOR RESPONSIBILITY FORM' before you get your swim cap.*

**NOTE THAT REGISTRATION WILL CLOSE PROMPTLY AT 6.30pm**

Competitors will receive:

Colours may change (dependant on supply)

YELLOW Swim cap 3km, FOUR swim laps

PINK swim cap 1.5km, TWO swim laps

RED swim cap 750m, ONE swim lap

Body marked on the RIGHT hand.

PLEASE ENSURE WE ARE MADE AWARE OF ANY MEDICAL NEEDS / MEDICATION AT REGISTRATION.

**IF YOU HAVE ENTERED USING YOUR British Triathlon membership, you MUST bring it along to show us at registration or you will be charged £2.00(cash only) for a Day Licence (no exceptions)**

## RACE BRIEFING

A water warm-up is possible from 18.35 until 18.45hrs. All must exit to go through the briefing which will be held next to the /cafe/registration, listen for announcements.



## COURSE

We will need to count you in to the water as we will be counting you out, so please listen to the marshals so we can keep everybody safe.

The Course is now a triangular shape to ensure that the 'marks' are all out of the glare of the sun.

- 3km swim = 4 laps of the course – then turn to the slipway, exit to finish. **(2 wave starts)**
- 1.5km swim = 2 laps of the course – then turn to the slipway, exit to finish.
- 750m swim = 1 lap of the course – then turn to the slipway, exit to finish.

On completion of each lap call out your number at the start turn point.

## WEATHER

If the weather or light is not so good the race distances will be reduced. The Maximum swim of 3km might be reduced if the light is bad. Race Directors decision on the day is final.

## RESULTS

There will be interim results available after the last competitor has crossed the line, these will be to determine the prize winners. The interim results will be posted on the web on the next morning. Any issues are to be raised with the race organiser ASAP. On the following Monday the results will be declared final.

Trophies to the following categories:

3km >u40yrs	M/F	1st
3km - 40-49yrs	M/F	1st
3km – 50yrs+	M/F	1st
1.5km u40yrs	M/F	1st
1.5km - 40yrs+	M/F	1st
750m	M/F	1st

Medals for all competitors

## TOILETS/ SHOWERS/ CHANGING

In the activity centre, next to the start.

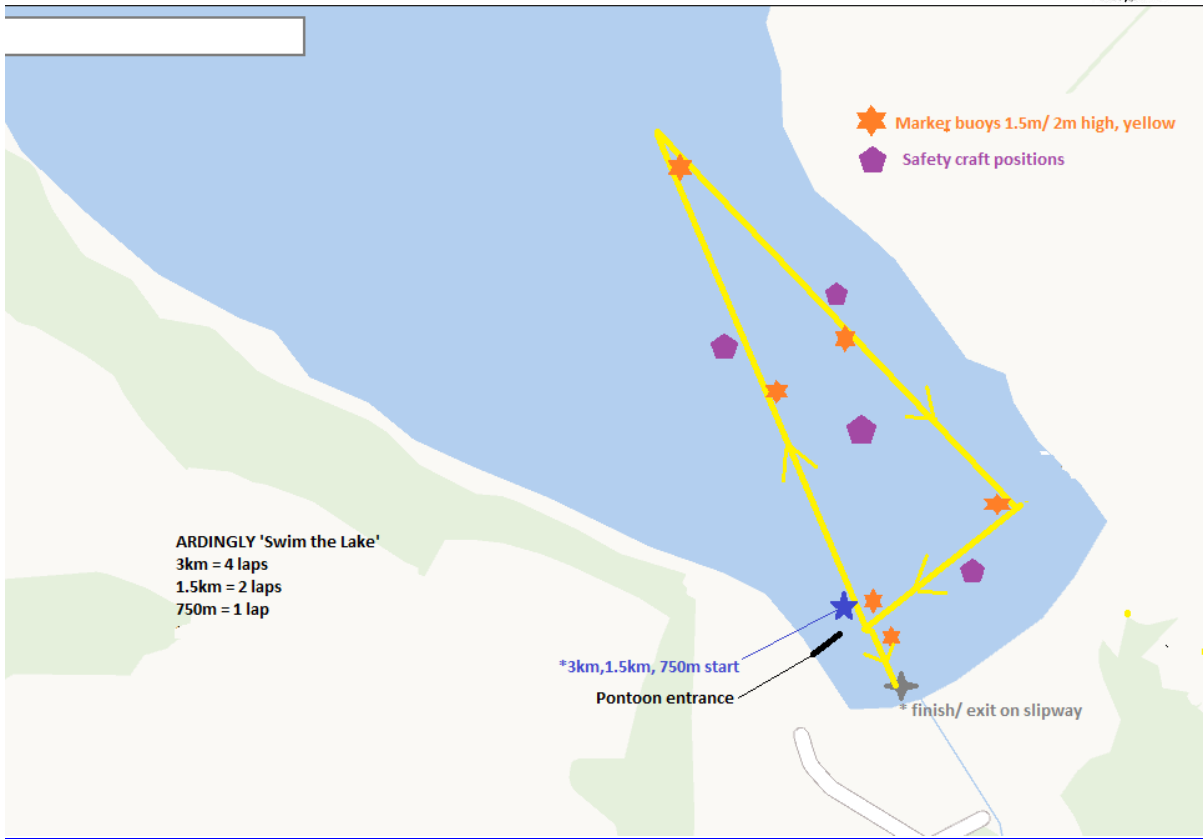
## CATERING

Drinks and snacks area available from the cafe during the event,

## COMMENTS

Please let us have your comments on the event, please go to our facebook page @hedgehogtri

**QUESTIONS?** Please email [HERE](#)



**PARKING MAP**

