



EPIC LAKES SWIM DERWENT WATER

We would like to wish all of you who have entered this event good luck with your final preparations and have a safe journey. We request that you read fully all the details outlined in this event information.

Directions to Headquarters

The event HQ will be a marquee positioned in Crow Park, opposite the Theatre by the Lake, CA12 5DJ.

Event Parking

There are pay and display venues in Keswick town centre, which are council pay and display venues. Both are 5 minutes walk from registration. There is a 'national park' car park at the lakeside, next to registration, but this car park is more expensive. Verge parking on Lake Road is not allowed and is enforced strongly by the police.

Event Entry

Competitors who entered online will have been automatically forwarded a confirmation of entry by e-mail and will be listed on the current entry list. Terms and conditions of entry are clearly stated on the website www.epicevents.co.uk. In making the application, competitors have agreed to abide by these terms and conditions.

Swapping of Entries

Please note that the swapping of entries between competitors is strictly forbidden as it invalidates insurances undertaken by the promoters to cover the event. If you are unable to take part, please follow the instructions outlined in the terms and conditions on the www.epicevents.co.uk website. Please note that you cannot change distances on the day due to the electronic chip system being pre-set, if you wish to change distance this must be done at least 1 week prior to the event.

Competitor Conduct

Competitors are reminded that they share the lake facilities with other citizens who may or may not be fully aware of the event. We request that you treat members of the public, marshals, other competitors, event officials and venue staff with respect.

Wetsuits

Wetsuits are compulsory for all swimmers. Shortie type wetsuits are allowed, but because of lake temperatures full body cover is recommended. Neoprene hats may be worn, and hand or foot cover may be worn as long as it does not aid propulsion (paddle gloves or fins).

Water Temperature

At temperatures, less than 11°C it is recommended that the distance be reduced. However, on race day this will be considered in conjunction with the weather conditions. We will do our best to ensure the event happens. Please remember that various factors will impact upon how you deal with the temperature. A well fitting, full-length swim specific wetsuit is recommended. Adults generally deal with cold better than youngsters.

The following maximum swim distances based on water temperature will be used as a guideline on race day: -

- At 11°C max swim distance = 2000m
- At 10°C max swim distance = 1000m

Competitor Minimum Ages

- 500m: 11 years old on the day, supported by parental consent.
- 1mile: 14 years old on the day, supported by parental consent.
- 3.8k: 17 years old on the day.

Swim Hats

Coloured swim hats will be issued at registration, it is compulsory and essential these are worn for safety reasons.

Registration Open Sunday 7.30am – 12.00pm

Registration will take place in the marquee at Crow Park. Final registration times will be 15 minutes before the briefing for each respective event. Registration closing times are as follows:

- 500 m = 8:30am
- 3.8 k = 9:30am
- 1 mile = 12.00pm

Race Day Schedule:

- 07:30 hrs registration opens – all events (closes 12.00 hrs)
- 08:45 hrs 500m race briefing (compulsory)
- 08:50 hrs 500m warm up (swim to start line)
- 09:00 hrs 500m swim start
- 09:45 hrs 3.8k race briefing (compulsory)
- 09:50 hrs 3.8k warm up (swim to start line)
- 10:00 hrs 3.8k swim start
- 10:30 hrs 500m prize presentation
- 12:15 hrs 1-mile race briefing (compulsory)
- 12:20 hrs 1 mile warm up (swim to start line)
- 12:30 hrs 1-mile swim start
- 13:00 hrs 3.8k prize presentation
- 14:00 hrs 1-mile prize presentation

Prize Giving will take place in the registration marquee.

Registration Procedure

1. Identification

Registration sheets will be by race distance and in alphabetical order. You will be required to show identification when you register.

2. Hat & Shirt Collection

You will be given your swim hat; this must be worn on top of any other headgear. You will also be given your event shirt at this point (if you have ordered one) as a memento of the day.

3. Phase Three – Chip Collection

You will be allocated an electronic timing chip, which will match your race number. Please place this on your right ankle and ideally this should go under your wetsuit to prevent it coming off. Please ensure this is returned to the timing team once you have finished your event and before returning to Race HQ. Lost chips will be charged £10.

Electronic Timing

All three races are using electronic timing allowing us to not only time the event, but also use as a competitor logging in system.

Each race will be a deep-water start on the foghorn and a shoreline finish, where you will leave the water and walk towards the finish gantry and across the timing mat.

Please ensure you cross the mat as you finish to record a time and to log you back in. A member of the timing team will remove your timing chip.

Attaching Your Chip

The chip will be attached to a Velcro strap. Place the strap around your right ankle and fasten the Velcro, please ensure the soft side is against your skin. For added security of the chip it can sit on the strap beneath your wetsuit.

Changing Facilities

There are no specific changing facilities at this venue. There are public toilets close by, but no showers are available on the day.

Start/Finish Area

The event will start and finish on Crow Park this year. This is the same place where registration will take place.

Briefings

Once you have stored your kit you may enter the 'counting in' pen. This is where the briefing will be carried out – this is compulsory and will start promptly at the time indicated on the race day schedule for each event. Once you have entered the pen you may not leave, unless cleared by a marshal.

Warm Up

Once the briefing is finished, up to 10 minutes will be allowed for warming up prior to the event start time. You will enter the water through the narrow exit point from the 'counting in' pen and through the start/finish gantry. At this point you must be wearing your allocated swim hat colour and your timing chip. The timing system will log your access to the water.



Start Times

With 5 minutes to go a verbal warning will be given through the loud haler and at this point you should move from the warm up area to the deep water start point.

Start Times are as follows:

- 500m = 9:00am
- 3.8k = 10:00am
- 1 mile = 12.30pm

There may be more than 1 wave for your event, dependent upon how many swimmers take part. In the event of multiple waves, they will be separated by 1 minute and your cap colour will indicate your wave. All swimmers will enter the water together, the first wave will line up at the start line and wave 2 will line up behind. Once wave 1 has started, wave 2 will move forwards and prepare to start. You will be informed at registration which wave number you are starting in. There will be no more than 150 swimmers in a wave.

Finish

When you have completed the prescribed no of laps, you then head directly for the finish gantry on the shore. You will not be able to swim all the way from this point to the shore, so please

be aware of stones and gravel beneath as you head for the finish line.

Once you leave the water, a finish chute/jetty will guide you to the line. We recommend that you do not run from the water to the line, please walk and take care upon exit.

Matting will be provided in the shallower water and along the finish chute/jetty, this may be slippery when wet so take care. Please ensure you cross the timing mat.

On crossing the line, collect your medal from the marshals, take a breath, congratulate yourself and then return your electronic timing chip to the timing team at the end of the finish chute.

Personal Safety Information

The water in the lake is cold, please use the warm-up session to acclimatise, even if just for a few minutes. During the race, if you find yourself in trouble please do the following: -

1. Roll onto your back and raise one arm continuously to attract a member of the boat/kayak safety team.
2. If capable swim to the nearest shore, where you will be able to stand, or move towards a buoy. Continue to signal to the boat/kayak safety team.

If you approach or are approached by a kayak, please only hold on to the front or the rear of the kayak as holding onto the side may capsize the kayak. There will be kayaks situated intermittently throughout the course along with support boats, for your safety.

Emergency Situation

In the event of an emergency situation affecting the whole race the rescue boat will patrol the course and repeatedly complete 3 blasts on the foghorn.

In this situation swim directly to the nearest shoreline and a competitor retrieval plan will be put into operation. In the event of such emergencies, you **MUST** report to the swim start/finish area and return your chip to ensure that you're fully accounted for.

We have liaised with Keswick Launch Team and they are aware of our event. Race start times have been adjusted to avoid 95% of their boat traffic. Please be aware in both the 3.8k and the mile events when completing the last section from the island loop across to the finish that there may be launch ferries crossing the route.

Presentation

The prizes for each event will be awarded at the registration marquee, times for all presentations are listed on page 3. You must be in attendance at presentation to collect your prize. Prizes will not be posted out following the event.

Prizes will be awarded to male and female 1-3 in all races.

The Courses

The courses have been designed and measured accurately using GPS. The marker buoys (large yellow 1.5m high x 0.9m wide) will be set in position and checked on the morning of the race. The level of the shoreline may slightly increase or decrease the distance into the finish. See pages 12 and 13 of this document to view the courses in more detail.

Ditch the Hitchers

As part of a scheme to help prevent the spread of foreign invaders into UK freshwater, we are asking all swimmers to follow a simple 'Ditch the Hitchers' procedure.

All competitors are asked to ensure that your wetsuits, goggles, socks, gloves and skull caps are clean and dry before attending the event.

Following your swim please enter one of the changing tents. Within the changing tents will be buckets and water for you to wash your wetsuit. It's compulsory that you wash your wetsuit on site and ensure it is free from any weed..

When you return home, ensure that you fully clean and dry your wetsuit both inside and out before swimming in any other lakes or rivers.

Results

A set of provisional results will be emailed to all competitors and will be available to download later the same day from www.epicevents.co.uk

Spectators

Spectators can view the swim from the lakeside and they can also take to the water with the Keswick Launches who also hire rowing boats! If you do choose to hire a rowing boat, please ensure you don't impede swimmers in the event. For information regarding the launches and rowing boat hire please go to www.keswick-launch.co.uk

Medical Advice

If you have any known medical condition (such as diabetes, asthma, allergy to penicillin, etc.) please ensure you have informed us prior to the event. If you feel unwell after the event, please report to one of the shore side event staff.

Photography

Photos will be available to download for free from our Facebook page within 48hrs of the event finishing.

Finally

On behalf of Epic Events all the team would like to wish you well and hope you have a safe and enjoyable event.

Yours in sport

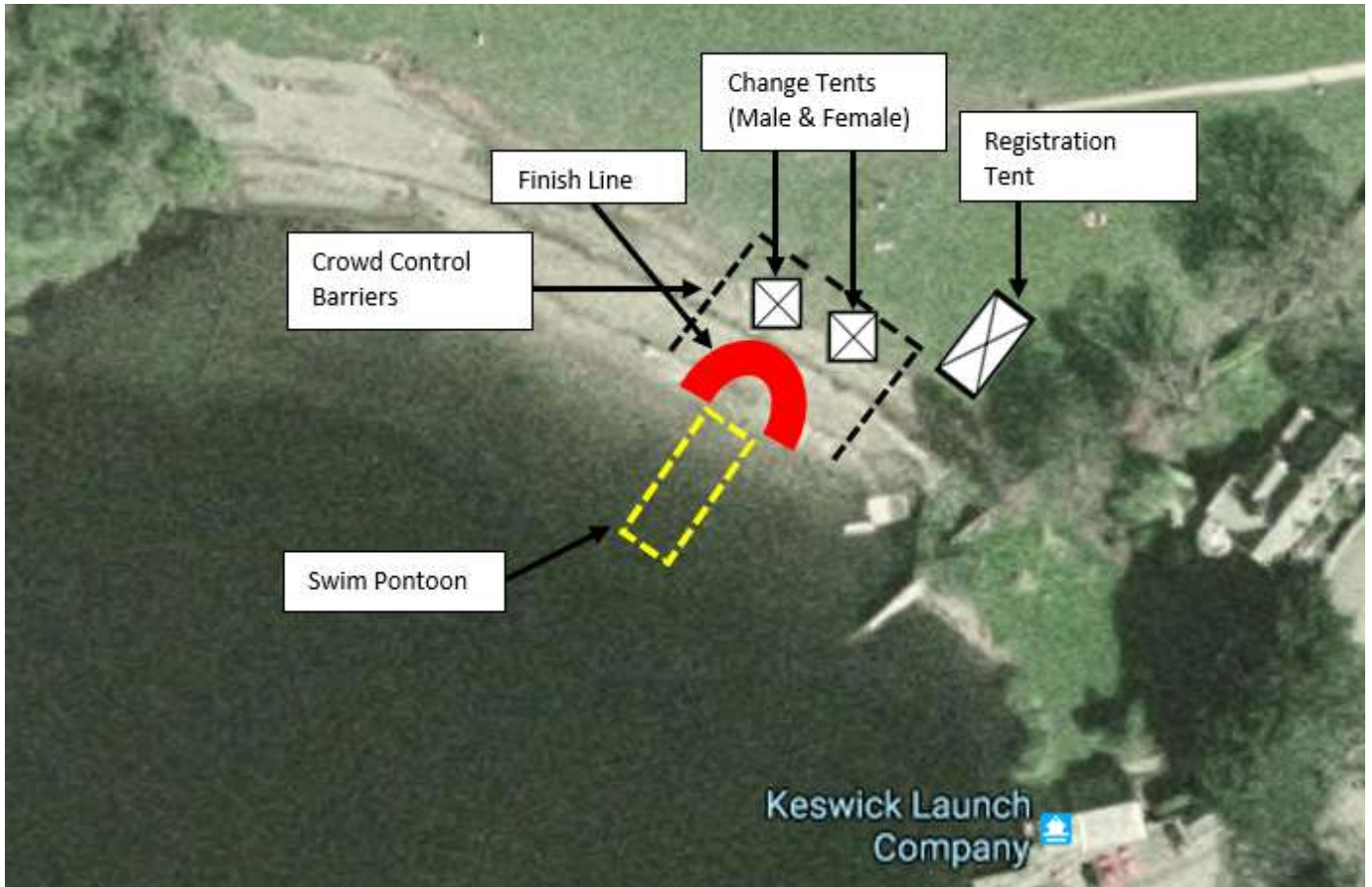
Epic Events

e-mail: events@epicevents.co.uk

website: www.epicevents.co.uk

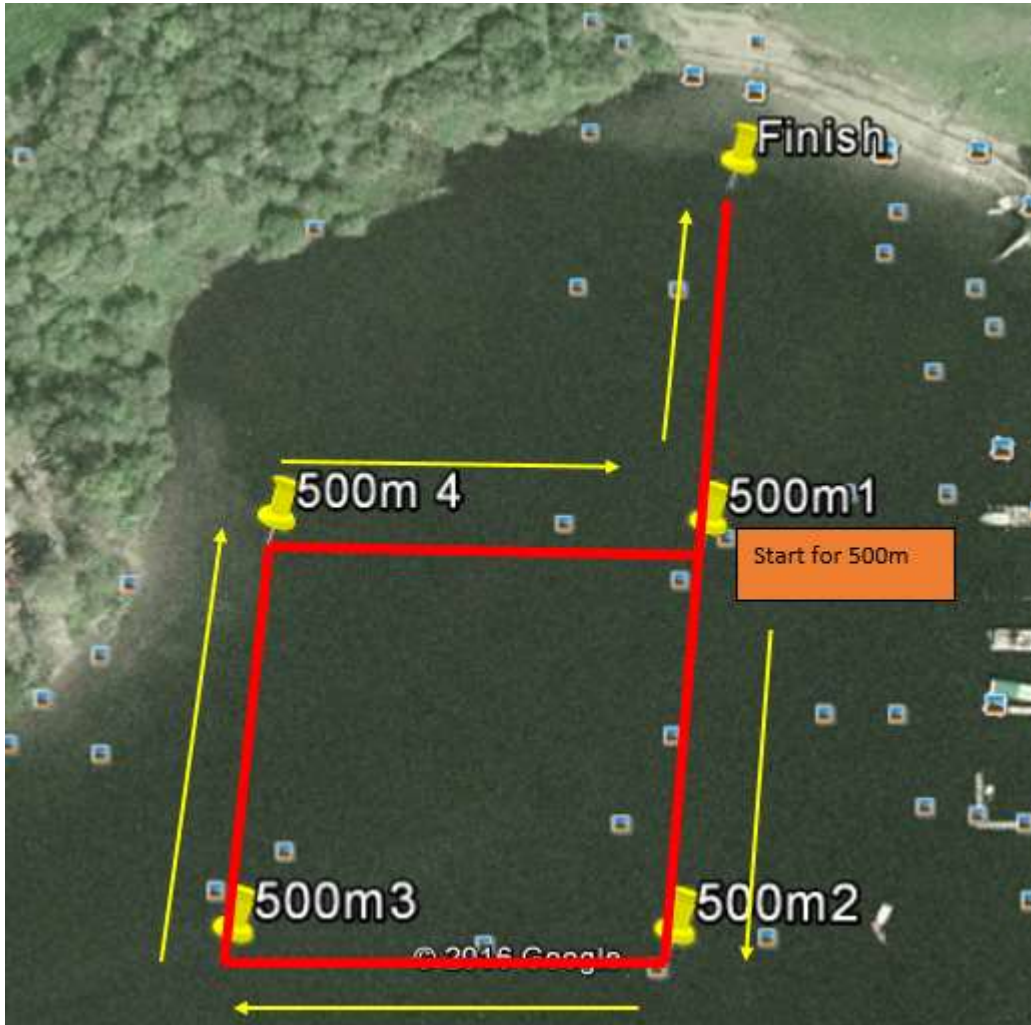
NB. These details are true and correct at date of publication but are subject to change without notice

SITE PLAN



THE COURSES

500m course is one lap clockwise, marked by 4 buoys, then heading directly for the finish line on shore.



3.8k course is 2 full laps clockwise, returning to start buoy before heading directly for shore.

The mile course is one lap clockwise of start to mile 1 to mile 2 then to 6 and back to start where you will turn left heading directly for the shore.



Navigating the course

Please ensure that you understand the course as outlined above. On the day, you will be briefed and the course explained in detail. At the relevant turn buoys, kayakers will be in place to guide you and prevent errors. There will also be a lead kayaker guiding swimmers around the course correctly.