

**Thank you for entering the Fireworks 500**

Venue: Capernwray Dive Centre, Jackdaw Quarry,  
Capernwray Road, Lancashire LA6 1AD J35 M6

**Free Car Parking**

Please be advised you will be directed by Capernwray staff upon arrival. It will be dark in areas of the car park so remember to bring torches to aid your movements.

**Registration**

Marquee outside main building from 17:00 closing at 18:30. Here you will be given a timing chip, swim cap and glow stick.

**Competitor Minimum Ages**

- 500m: 14 years old on the day

**Event Briefings**

Briefings will be via video; this will be forwarded pre-event.

**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. No entries on the day. Minimum age 14 years on the day of the event.

**Terms and Conditions of Entry**

Terms and conditions of entry are clearly stated on the website [www.epicevents.co.uk](http://www.epicevents.co.uk). In making the application competitors have agreed to abide by the terms and conditions of Epic Events.

**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](http://www.epicevents.co.uk) website. Any entrant found to have passed their entry to another athlete or any athlete taken up that entry will be banned from all Epic Events.

**Rules****Competitor Conduct**

Competitors are reminded that they share the quarry 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.

**Rules Governing the Event**

A combination of British Swimming Association and British Triathlon Federation rules have been used to develop the specific event rules and guidelines.

**Wetsuits**

Wetsuits are **compulsory** for all swimmers. Because of lake temperatures full body cover is recommended. Neoprene hats may be worn, hand or foot cover may also be worn, but they must not aid propulsion e.g. fins or paddle gloves.

**Wetsuit Hire**

Wetsuit hire is available, please email height and weight to [info@epicevents.co.uk](mailto:info@epicevents.co.uk). The hire cost is £10 for the event payable on the night.

**Water Temperature**

Water temperature is expected to be around 11 deg C. Please remember that various factors will impact upon how you deal with the temperature.

**Swim Hats / Glow sticks**

A coloured swim hat will be issued at registration; it is essential these are worn for safety reasons. They may be worn over a neoprene or another swim hat. The glow stick should be attached the back of your wetsuit zip or goggle strap.

**Electronic Timing**

The chip will be attached to a velcro strap, please ensure the chip is securely fastened to the strap, then fasten the strap around your right ankle.

**Ideally the strap should go under your wetsuit to prevent it coming off.**

Please ensure the strap and chip is returned to the timing team before leaving the finish area. Lost chips will be charged at £10.

Your time will start once you cross the timing mat at the water's edge, your time will stop once you exit over the same mat. Times will be published later that evening.

**Start Times and Groups**

Based on the estimated swim time provided at the time entry we will allocate you to one of the start groups below;

Rockets – White cap  
Firecrackers – Green cap  
Bangers – Orange cap  
Roman Candles – Yellow cap  
Sparklers – Pink cap

**Start Times**

Please ensure you report to the start area at least 20mins before your start time where you will be guided into the start chute in swim cap/firework group order;

Rockets – White Caps	= 19:00
Firecrackers – Green Caps	= 19:15
Bangers – Orange Caps	= 19:30
Roman Candles – Yellow Caps	= 19:50
Sparklers – Pink Caps	= 20:10

There will be a lead kayak and a 'rear guard' kayak, in addition to support kayakers throughout the course.

**Water Entry**

You will enter the water single file between swim counters. Please do not ask any questions at this point. Please also ensure you keep moving forward to avoid congestion with the swimmers behind you entering the water.

### Swim Course

A course of buoys set to make a 500m lap.  
Careful when exiting as it can feel rocky and going from horizontal to vertical can be a challenge!



### PERSONAL SAFETY INFORMATION

The water in the quarry is cold.

During the race, if you find yourself in trouble please roll onto your back and raise one arm continuously to attract a member of 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.

As a word of warning from several years' experience within the Epic Events team, panic attacks can be common in open water events especially for novices where the water temperature is low and wetsuits add additional compression to the chest area. This is usually as a

result of the build-up of Carbon Dioxide (CO<sub>2</sub>) in your lungs, which stimulates your heart rate and creates tension and anxiety. If this occurs roll onto your back so you can see swimmers behind you and try and breath out normally to expel the excess CO<sub>2</sub> and relax. It is better to be aware and plan for this potential situation, rather than being faced with it on the actual day! Remember, if you lie on your back, you cannot sink when wearing a wetsuit, you will float on the surface.

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 airhorn. In this situation swim directly to the nearest shoreline to safety and a competitor retrieval plan will be put into operation

### Prizes

We have a number of 'spot' prizes available which will be sent out after the event rather than presented on the evening of the event.

### Photography

Event photography will be provided by [JamesKirby](#) and by entering the event you accept that this photography may be used by the organisers for publicity. If you strictly forbid this, you must contact us.

Images from the event will be made available online as free to download for all entrants.

### Refreshments

Refreshments will be provided by the centre throughout the evening.

### Fireworks

A firework display will follow once all the swimmers are out of the water and the area is clear. This is expected to be at approximately 21:00hrs

**DNF**

You will be counted into and out of the water therefore should you exit the water early or at any other point please inform an event marshal and hand your timing chip in to avoid any unnecessary searches for missing participants.

**Refreshments**

Refreshments will be available from the café within the Dive Centre. There will be a choice of hot and cold food and drink.

**Spectators**

Spectators are welcome to attend the event but please be aware the area immediately around the start/finish will be exclusive to participants and officials only – please don't be offended if you are requested to move away from this area. There is an excellent viewing area available from the outside area of the café.

**Kit and Valuables Storage**

There is limited storage available at the centre therefore it is recommended that any kit and valuables is stored with spectators/friends or in your vehicle.

**FINALLY**

Results will be posted on our page shortly after the event. Once again thank you for your support and see you at the next event.

e-mail: [events@epicevents.co.uk](mailto:events@epicevents.co.uk)

website: [www.epicevents.co.uk](http://www.epicevents.co.uk)

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