



## **EPIC LAKES SWIM SEMER 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 Event Headquarters**

The event takes place at Semer Water Nr. Bainbridge North Yorkshire Postcode DL8 3DJ.

### **Event Parking**

Please note that it is a steep and narrow approach to the Lake and parking is limited by the lake shore.

Follow instructions when you reach the site as further parking is possible in a nearby field.

Please park respectfully and if parking on the verges allow enough room for milk tankers as they don't like squeezing past wing mirrors!

### **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](http://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](http://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.
- 📄 1 mile: 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 Opens Saturday 08.00 – 12.00**

Registration will take place in the easy up at Lakeside.

Final registration times for each of the events will be as follows:

- 3.8 k = 08.30
- 500m = 10.45
- 1 mile = 12.00

**Race Day Schedule.**

- 07:30 site open for parking
- 08:00 athlete registration opens – all events
- 08:40 3.8km race briefing (compulsory)
- 09:00 3.8km swim start
- 10:50 500m race briefing (compulsory)
- 11:15 500m swim start
- 11:30 3.8km race presentation
- 12.05 1-mile event race briefing (compulsory)
- 12.30 1-mile swim start
- 12:45 500m race presentation
- 13.30 1-mile race presentation

**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, and this must be worn on top of any other headgear. You will also be given your event shirt at this point (if ordered) as a memento of the day.

**3. 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 before leaving the finish area. Lost chips will be charged £25.

### **Electronic Timing**

Both races are using electronic timing allowing us to not only time the event, but also to 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 securely. 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 portable toilets on site.

### **Briefings**

You will be asked to enter the 'counting in pen'. This is where the compulsory briefing will be carried out 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**

You will have time to acclimatise as it is a deep water start. If you are aware you need longer than most swimmers please place yourself to

the front of the pen as you are counted in. This will ensure you have longer to adjust to the temperature change.

### **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:

- 3.8k = 09:00
- 500m = 11:15
- 1 mile = 12.30

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.

The race will be started with a single long blast on a foghorn. The start will be given from the race support boat. Please obey the instructions given and ensure you maintain your position behind the start line indicated by the boat official.

### **Finish**

When you have completed the prescribed no of laps and turned around the final buoy (close to start Location), 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.



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Once you leave the water, a finish chute 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 shoot – this may be slippery when wet so take care. Please ensure you cross the timing mat. If the timing mat is not crossed at the end of the race no time will be recorded for you.

Upon crossing the line, take a breath, collect your medal, congratulate yourself and then return your electronic timing chip to the timing team.

### **Presentation**

The prizes for each event will be given at the registration marquee, the timetable on page 2 shows the presentation times.

### **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.

OR

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.

### **Emergency Situation**

In the event of an emergency affecting the whole race the rescue boat will patrol the course and repeatedly complete 3 blasts on the foghorn/loud haler. In this situation swim directly to the nearest shoreline to safety and a competitor retrieval plan will be put into operation. Please familiarise yourself with the nearest shore line around the course

### **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 tide may slightly increase or decrease the distance into the finish.

### **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 wetsuit, goggles, hats etc. are clean and dry before attending the event. Following your swim, please clean them in the bins provided and ensure that there are no foreign objects attached to your suit.

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SWIM TAKE YOU?**



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**Refreshments**

Refreshments will be available from Joeys café, a small selection of cakes and hot drinks.

**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](http://www.epicevents.co.uk)

**Photography**

Event photos will be free to download 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](mailto:events@epicevents.co.uk)  
website: [www.epicevents.co.uk](http://www.epicevents.co.uk)

