

Galeforce MASS START SWIM SERIES

RACE 3 - Saturday 20th Aug 16 – 9:30am Start

Competitor Information

Arrival - Please use the main car park. Parking is free.

Changing - This is in the front of the main building. Showers are provided. Do not leave possessions unattended - use the lockers.

Registration - Opens 8.15am - 9.15am

This will be in the marquee next to the finish line.

Give your name to the registrar and pick up your swim hat and timing chip. The chip goes on your ankle - make sure it's securely attached.

Entry - Online entry will close on Friday 19th August at midday.

Entry on the day is available but will cost £23 (£25 for 10k). Please arrive early if you intend to enter on the day. You'll need to fill out a paper form.

Wetsuits - Wetsuits are optional - the water temperature varies a fair bit from day to day as the lake is quite shallow.

Briefing - This will be at 9.20am - everyone must attend.
Warm-up - you'll be able to enter the water 5 minutes before the start.

DO NOT DIVE into the water.

The course - This is marked with large yellow buoys and is shown on the attached plan. Swim clockwise. Front-crawl or breast-stroke is allowed.

Safety - Kayak marshals will be on the water for your guidance and safety. If you get into trouble turn on your back and raise an arm.

Finish - On completion of your swim you must climb out and cross the finish mat next to the marquee.

Time Limit - There is a 4 hour time limit for the race. If you are still not finished by 1:30pm you'll be fished out.

Refreshments - These are available from the café.

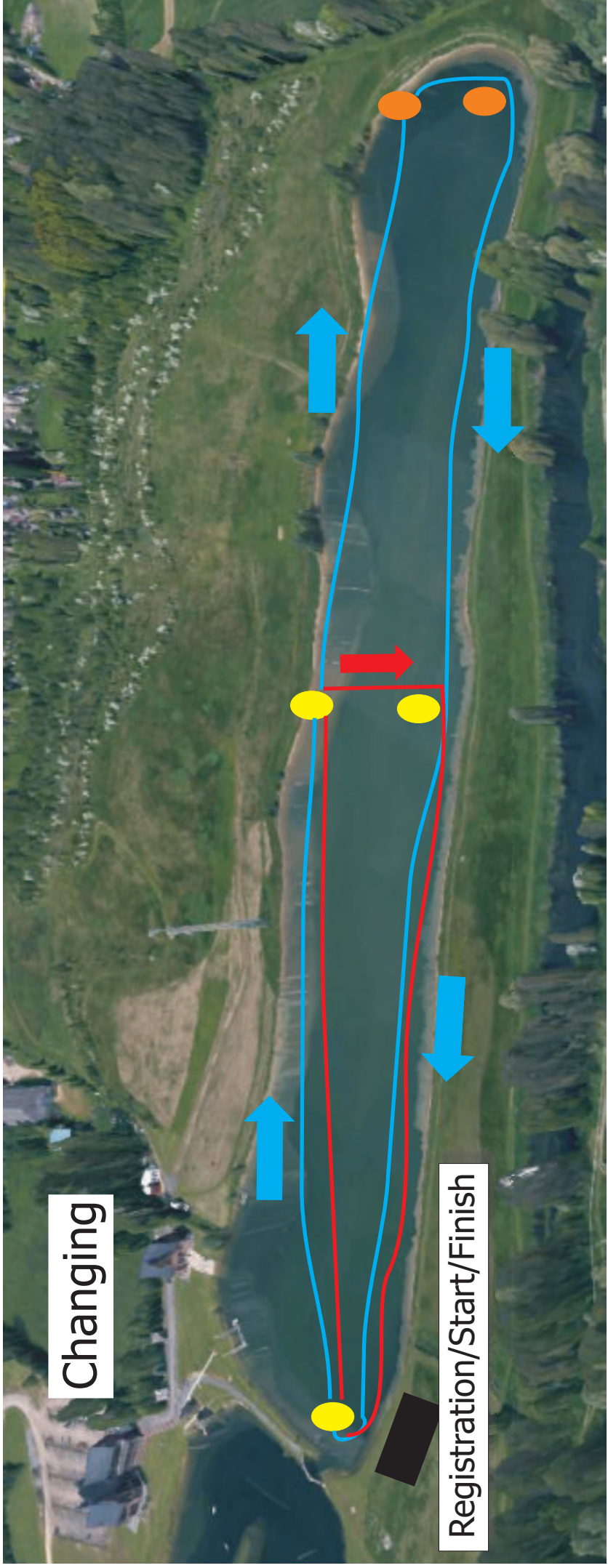
First-Aid - Paramedics are on hand throughout the event.

Start List - A link to the start list is available on the website.

Results - Will be posted on the website asap after the event.

10k Swimmers - You will be allowed to place water and food on the edge of the jetty which you'll pass on every lap.

The Series will be decided on placings this year to give those in the 5k standings a chance to still place in the 5k series.

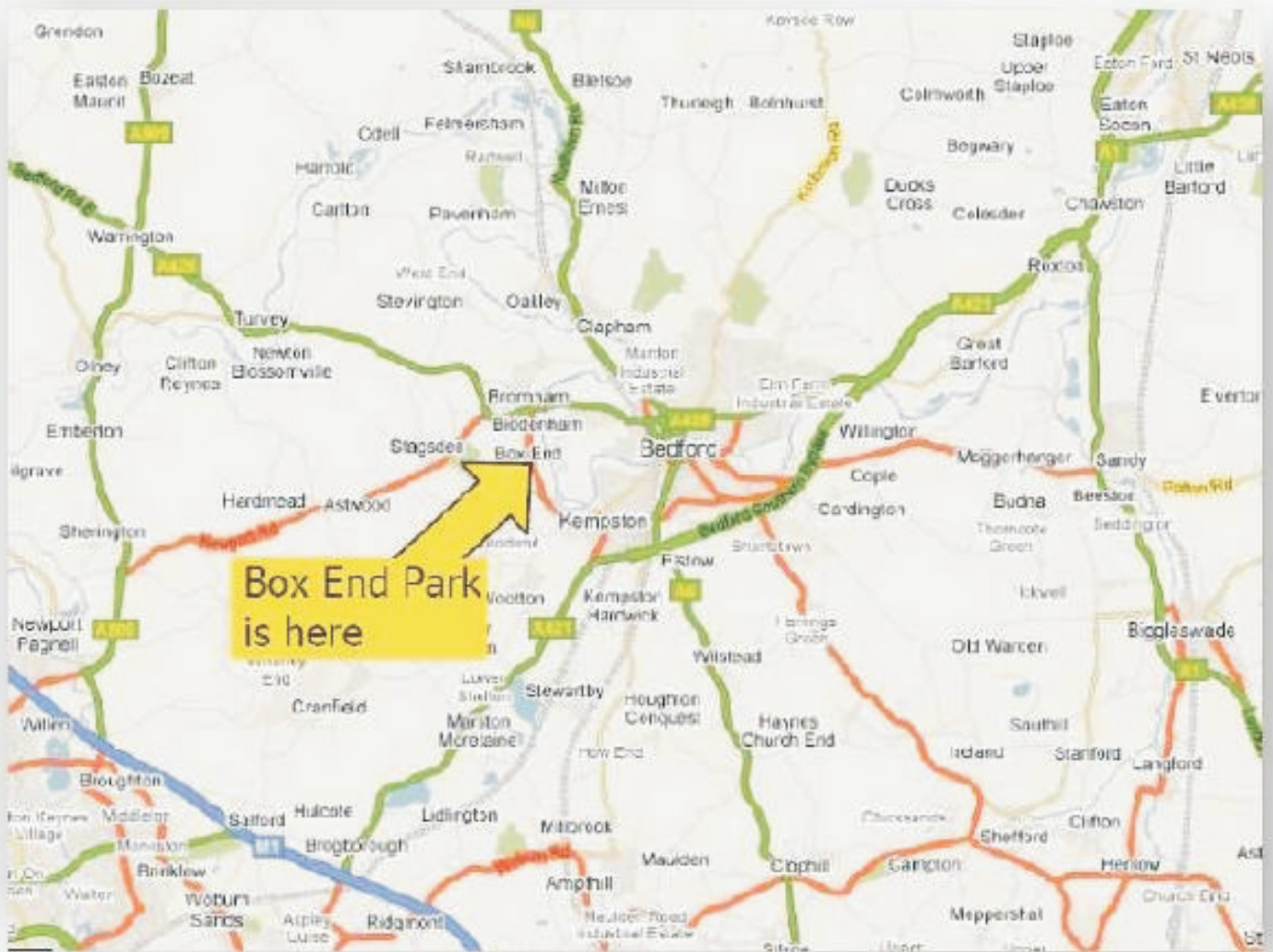


Changing

Registration/Start/Finish

- 750m 1 Lap
- 1.5k 2 Laps
- 3.8k 3 Laps
- 5k 4 Laps
- 10k 8 Laps

Box End Park Location



Box End Park, Kempston, Bedford MK43 8RQ
Website: <http://www.boxendpark.com/>

Have a good race!