



EPIC Lakes Swim Coniston

Welcome to the Epic Lakes Swim Series at Coniston

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 CAR PARK

Full Address: John Ruskin School, Lake Rd, Coniston, Cumbria LA21 8EW.

EVENT PARKING

Event parking will be at the John Ruskin School and there will be a small charge of £3 for this at the gate. Please avoid using the Lake District National Park Car Park at the lakeside as it restricts parking for tourists using the local facilities – the charges are also 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

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 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 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 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.

- 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 and Skin Swimmers

There will be the option when entering the mile or 3.8km swim to swim without a wetsuit. You must have previous event experience of swimming without a wetsuit which must be provided at the point of entry. There will be a separate Skin Swimmers wave for both the mile

and 3.8km swims. **Tow Floats are compulsory for non-wetsuit swimmers.**

For all other swimmers' wetsuits are compulsory. 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.

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
- 1mile: 15 years old on the day
- 3.8k: 17 years old on the day

- Swim Hats

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.

REGISTRATION PROCEDURE AND TIMINGS

Registration will take place on at lakeside under a gazebo between 07:00 – 12:30pm.

Final registration times for each of the events will be 30 minutes before the start. Final registration times:

- 3.8k = 8:00am
- 1 mile = 10.30am
- 500m = 12:30pm

- Race Day Schedule.

- 07.00 hrs athlete registration opens – all events
- 08.15 hrs 3.8K race briefing (compulsory)
- 08.20 hrs 3.8K warm up (non-compulsory)
- 08.30 hrs 3.8K swim start
- 10.45 hrs 1-mile event race briefing (compulsory)
- 10.50 hrs 1-mile warm up (non-compulsory)
- 11:00 hrs 1-mile swim start
- **11:00 hrs 3.8K presentation**
- **12:15 hrs 1-mile presentation**
- 12:30 hrs 500m race briefing (compulsory)
- 12:45 hrs 500m warm up (non-compulsory)
- 13:00 hrs 500m swim start
- **13:30 hrs 500m 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.

Endurance Revolution



Swim * Cycle * Run
#EnduranceRevolution

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 £10.

ELECTRONIC TIMING

All races use 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 exit under 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.

- How to attach your timing chip to your ankle

The chip will be attached to a velcro strap, please check this fastening first. Then place the strap around your right ankle and fix the velcro strap. **For added security of the chip it should sit beneath your wetsuit.**

GENERAL RACE DAY GUIDELINES

- Registration

You must register prior to arriving in the marquee on the shoreline at the start/finish.

- Route to Start/Finish Area from School

Please follow the route marked in the appendices from the car park to the start/finish area. Footwear is recommended.

- Kit Storage

On arrival at the beach start/finish area there will be a gazebo – this is where you may drop off your shoes and bag. Please note that this area is not completely secure, and we recommend that you do not leave valuables at the start area.

- Briefings

The briefing will take place lakeside and is compulsory and. It will start promptly at the time indicated on the race day schedule for each event.

- 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. At this point you must be wearing your allocated swim hat colour, and your timing chip.

- 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 = 8:30am
- 1 mile = 11:00am
- 500m = 13:00pm

There may be more than 1 waves for your event, dependent upon how many swimmers take part. In the event of 2 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 have 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.

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

- Finish

When you have completed the prescribed number of laps and returned to Buoy '1' (Start Location), you should 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 as you stand, please be aware of stones and gravel which may be sharp as you head for the finish line.

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.

On crossing the line, take a breath, congratulate yourself and then return your electronic timing chip to the timing team. You will be awarded with your medal at the finish line.

- Kit collection

If you have left kit in the storage tent you may now collect.

- Presentation

The prizes for all events will be held at lake side next to the start. Please see the schedule on page 3 for timings of presentations.

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 (likely to be the Western 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.

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 (CO₂) in your lungs, which stimulates your heart rate and creates tension and anxiety. If this occur roll onto your back so you can see swimmers behind, you and try and breath out normally to expel the excess CO₂ 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 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. The nearest shoreline will always be the west side.

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.

The course and distances between marker buoys are shown in the appendices. Intermediate markers will be in place. The most southern marker buoys will be fixed, and the shorter event northern buoys will become intermediates for the longer events.

There will be kayaks situated intermittently through the central area of the course along with the support boat.

RESULTS

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

OTHER RELEVANT INFORMATION

- 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. Staff have been briefed in spotting the symptoms of hypothermia.

- Photography

As part of your entry fee you will receive free to download pictures. The pictures will be available to download from our Facebook 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

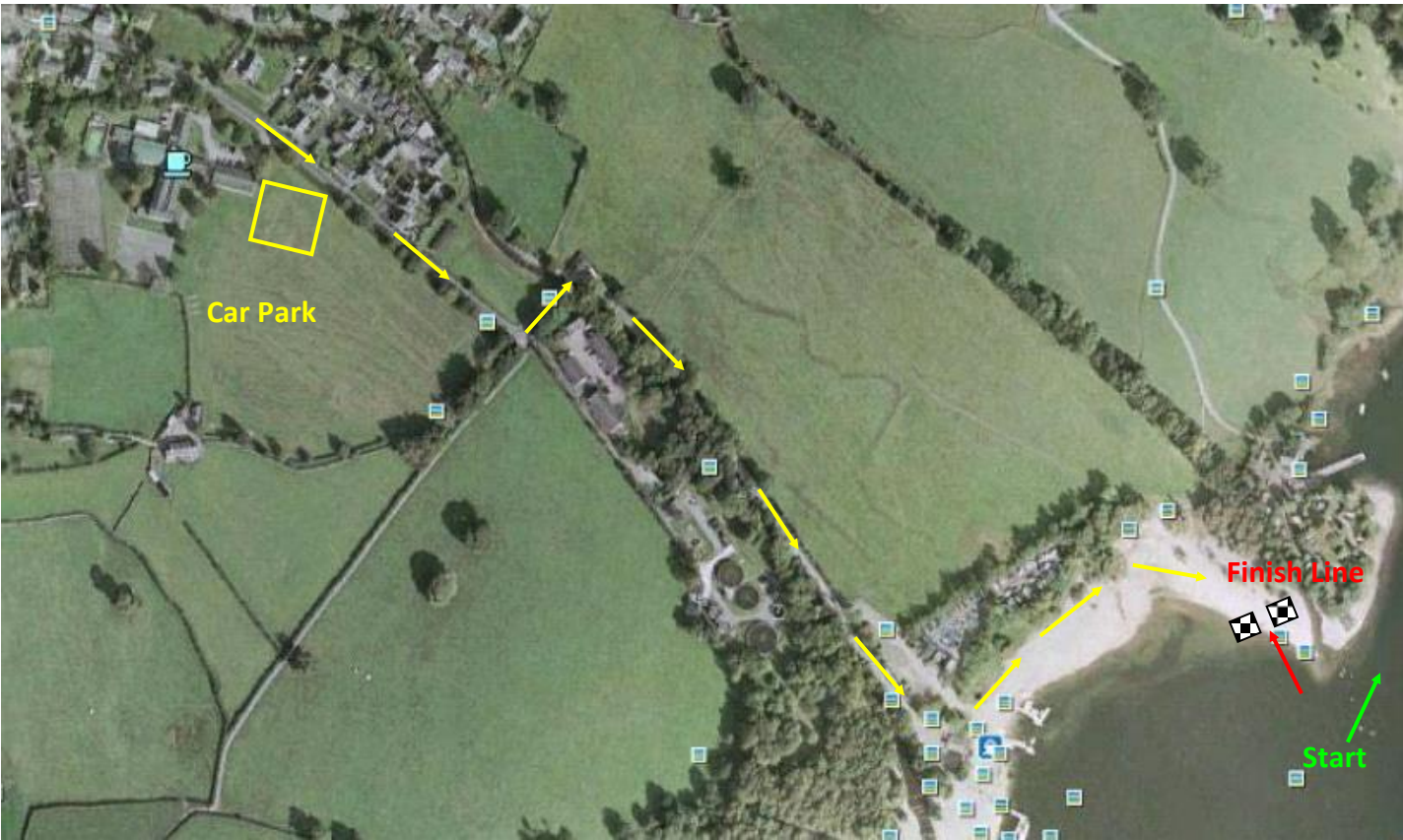
e-mail: events@epicevents.co.uk
website: www.epicevents.co.uk

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

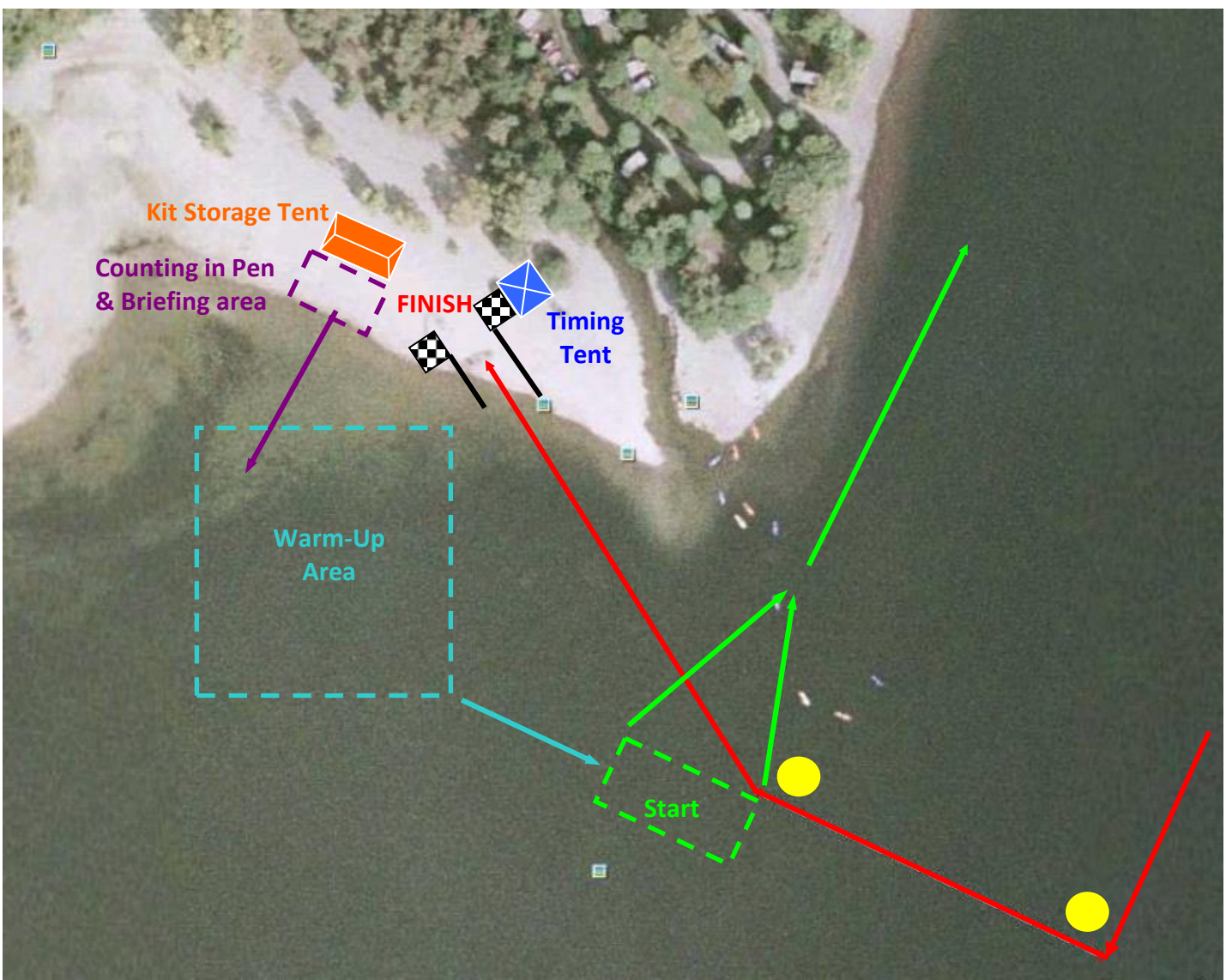
EVENT HEADQUARTERS



ROUTE FROM CAR PARK TO RACE START



START / FINISH AREA DETAILS





8:30am: 3.8K course is deep water start lined up to left of Coniston Start Buoy 1. Complete a 700m loop followed by 2X1500m loops as follows:

700m Loop = Coniston Start Buoy 1 > Coniston Buoy 3 > Coniston Buoy 6 > Coniston Buoy 8 > Coniston Start Buoy 1
 1500m Loop X2 = Coniston Start Buoy 1 > Coniston Buoy 4 > Coniston Buoy 5 > Coniston Buoy 8 > Coniston Start Buoy 1
 Once you have completed 2X1500m loops you head directly for the shore finish

11:00am: 1600m course is deep water start lined up to left of Coniston Start Buoy 1. Complete a clockwise loop (1500m) as follows:

Coniston Start Buoy 1 > Coniston Buoy 4 > Coniston Buoy 5 > Coniston Buoy 8 > Coniston Start Buoy 1 > SHORE FINISH

13:00pm: 500m course is deep water start lined up to left of Coniston Start Buoy 1. Complete a clockwise loop (400m) as follows:

Coniston Start Buoy 1 > Coniston Buoy 2 > Coniston Buoy 7 > Coniston Buoy 8 > Coniston Start Buoy 1 > SHORE FINISH

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.