

EPIC LAKES SWIM

Windermere

The EPIC Lakes Swim Series finishes at Windermere, starting from YMCA Lakeside, Newby Bridge.

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 HQ will be at: YMCA Lakeside, Newby Bridge, Lakeside, LA12 8BD

Event Parking

The event parking will take place onsite at YMCA Lakeside. Please follow the signs and instructions when you arrive.

The cost for parking is £3.00 for the entire day. Please ensure you have the correct change ready upon arrival as there will be no entry to the car park without payment.

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.

Endurance Revolution



Swim * Cycle * Run
#EnduranceRevolution

Wetsuits and Skin Swimmers

There will be the option when entering the mile or 5km 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 5km 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. 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.
- 5km: 17 years old on the day.

Registration Opens Sunday 6.30am – 13.00pm

Registration will take place in the marquee at Lakeside. Final registration times for each of the events will be as follows:

- 5km = 7:30am
- 1 mile = 11:00am
- 500m = 13:00pm

Race Day Schedule.

- 06:30 hrs open for parking
- 06:30 hrs athlete registration opens – all events
- 07:45 hrs 5km event race briefing (compulsory)
- 07:50 hrs 5km athlete warm up
- 08:00 hrs 5km swim start
- 11:15 hrs 1-mile event race briefing (compulsory)
- 11:20 hrs 1-mile athlete warm up
- 11:30 hrs 1-mile swim start
- **11:30 hrs 5km race presentation**
- **12:45 hrs 1-mile race presentation**
- 13:15 hrs 500m event race briefing (compulsory)
- 13:20 hrs 500m athlete warm up
- 13:30 hrs 500m swim start
- **14:00 hrs 500m 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 £10.

Electronic Timing

All 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.

Kit Storage

Following changing and registration there will be a gazebo in the 'counting in pen', this is where you may drop off your shoes and bag. **The storage is not secure** so please do not leave valuables in this area as all storage is at your own risk.

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

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.

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:

- 5km = 8:00am
- 1-mile = 11:30am
- 500m = 13.30pm

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.

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.

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 3 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.

Refreshments

Refreshments will be available from the canteen at YMCA Lakeside.

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

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

SWIM COURSES

