

EPIC Lakes Swim Coniston

Welcome to Epic Lakes Swim 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.

COVID SYMPTOMS & SOCIAL DISTANCING

Should you be exhibiting any Covid symptoms, for example, a high temperature, persistent cough, loss of taste/smell etc please do not attend the event. Stay at home, follow government guidelines on self isolating & ensure you recover before attending any further events. You **MUST NOT** attend this event if you are exhibiting any Covid symptoms.

EVENT ENTRY/TERMS

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 unofficial 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 unofficially 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, Skin Swimmers & Tow Floats

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. **Tow Floats are compulsory for non-wetsuit swimmers.**

Shortie type wetsuits are allowed, but because of lake temperatures full body wetsuits are 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).

There will not be a shop at the event nor will there be any availability to hire wetsuits. Please ensure you have all the necessary kit/spares prior to attending the event.

Tow Floats are recommended for all swimmers however they are COMPULSORY for all skin swimmers.

- 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
- 1 mile: 14 years old on the day
- 3.8k: 17 years old on the day

- Swim Hats

You will collect a brightly coloured swim cap at registration. They are individually packaged and sanitised. Please wear this event cap during your swim so that we can identify which group you are in. Please only touch/take 1 cap & dispose of the packaging in the bin next to registration.

ELECTRONIC TIMING

The event uses electronic timing, allowing us to not only time the event, but to also use as a competitor logging in system.

Your swim start will be a deep-water mass start.

Your swim time will start when the loud haler is blown. It will end when you cross the timing point at the finish line.

DIRECTIONS TO EVENT CAR PARK

Full Address: Monk Coniston Car Park, Coniston, Cumbria, LA21 8AH

The venue is based from the National Park's Monk Coniston car park right at the very top of Coniston Water, just outside Coniston village.

Access is along the B5285 either via Coniston Village or from Hawkshead.

As you approach the event HQ you will be directed by marshals into the car parking field. The field is approx. 100 metres past Monk Coniston, making it a short walk down to the event HQ.

EVENT PARKING

Event parking will cost £5 which all goes directly to the field owners. You can remain parked in the car park all day, up until the event finishes on Sunday afternoon.

There is no overnight parking either on Monk Coniston car park or in the event car park. There are numerous local campsites in the area, all of which would be glad to have you.

REGISTRATION/TIMING CHIP COLLECTION

Registration will take place on Monk Coniston Car Park from 0700hrs at one of our large event shelters, signs will be in place directing you to registration. The registration process is below:

1. Identification

Registration sheets will be by race distance and in alphabetical order. You will be

required to confirm which distance and your name and 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 - please ensure to collect your T shirt if you ordered one as we cannot post out afterwards unless additional charges are paid.

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.

Please allow plenty of time to register before your swim start time.

Upon finishing you **MUST** remove your timing chip yourself and drop it into a bucket at the end of the swim exit chute. Any chips "lost" or taken home will be charged at £10.

EVENT TIMETABLE

- 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
- 11:00 hrs 1-mile event race briefing (compulsory)

- 11:15 hrs 1-mile warm up (non-compulsory)
- 11:30 hrs 1-mile swim start
- **11:45 hrs 3.8K presentation**
- **12:45 hrs 1-mile presentation**
- 13:00 hrs 500m race briefing (compulsory)
- 13:15 hrs 500m warm up (non-compulsory)
- 13:30 hrs 500m swim start
- **14:00 hrs 500m presentation**

RACE BRIEFING

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

KIT STORAGE

Kit storage is available at the start of the event. This will be in the form of a large event shelter.

SWIM START

Each distance will begin with a deep-water start.

There may be more than 1 wave 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 for your swim distance, you should then head directly for the finish gantry on the shoreline (next to where you started). As you stand up on the shore, please be aware of stones and gravel which may be sharp as you head for the finish line. There will be matting in place to assist you underfoot. Please watch for the start of the matting and take care to ensure you do not trip.

Once out of the lake, keep moving up the finish line chute. As you make your way along the chute you will collect your medal & bottle of water. You will also remove your timing chip from your ankle and place it in the bins provided.

PRESENTATION

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



THE
Endurance Store

Swim – Run – Triathlon
Mossy Lea Road, Wrightington, Wigan, WN6 9SA
www.TheEnduranceStore.com

PERSONAL SAFETY INFORMATION

The water in the Lake can be cold; please use the time making your way to the start buoy to acclimatise, even if just for a minute.

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. Stand up & raise your arm to attract the attention of the 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 occurs 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 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 swim courses are clockwise in direction. The 500m course is 1 lap. The 1mile course is 2 laps and the 3.8k course is 3 laps. You can see a picture of each course & the course description at the end of these event notes.

NB – 1 mile & 3.8k swimmers, when starting lap 2+, please swim to the right hand side of the "duck" (keep the duck on your left). New swimmers will be starting on the left hand side of the duck and if you go on the wrong side, you could end up meeting a stationary swimmer. Stick to the right hand side of the duck to stay clear of the swim start area.

The course maps are shown in the appendices.

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

RESULTS

Results/timings will be uploaded live throughout the day. Within a few minutes of you exiting the lake, your results will show online. We will also email a set of provisional results out to all competitors post event. The live results can be found at www.epicevents.co.uk/results

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 as part of your race entry information. If you feel unwell after the event, please report to one of the shore side event staff. There will be medics on site should you need them.

- Photography

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

to download from our Facebook page within 48hrs of the event finishing.

FINALLY

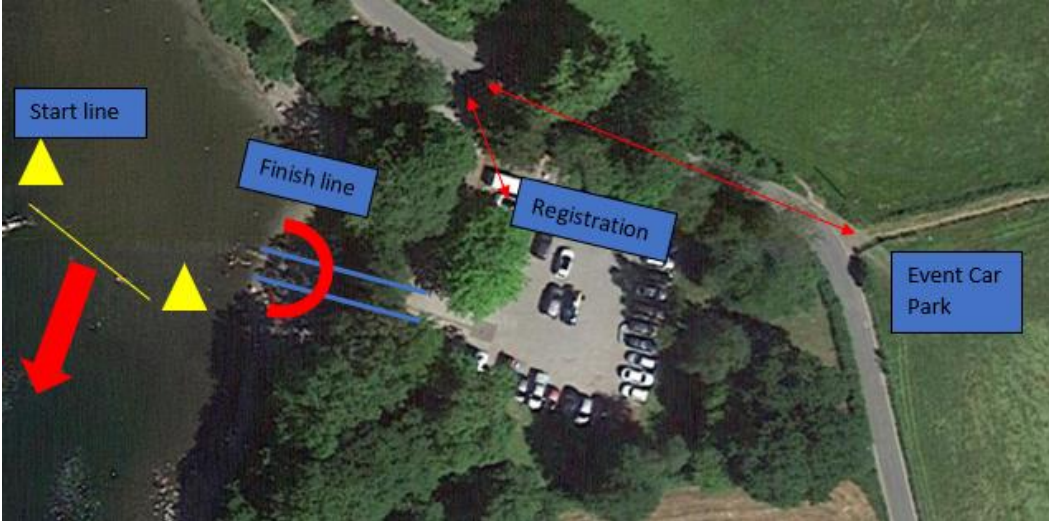
On behalf of Epic Events all the team would like to wish you well and hope you have a safe and enjoyable event.

Yours in sport
Epic Events

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

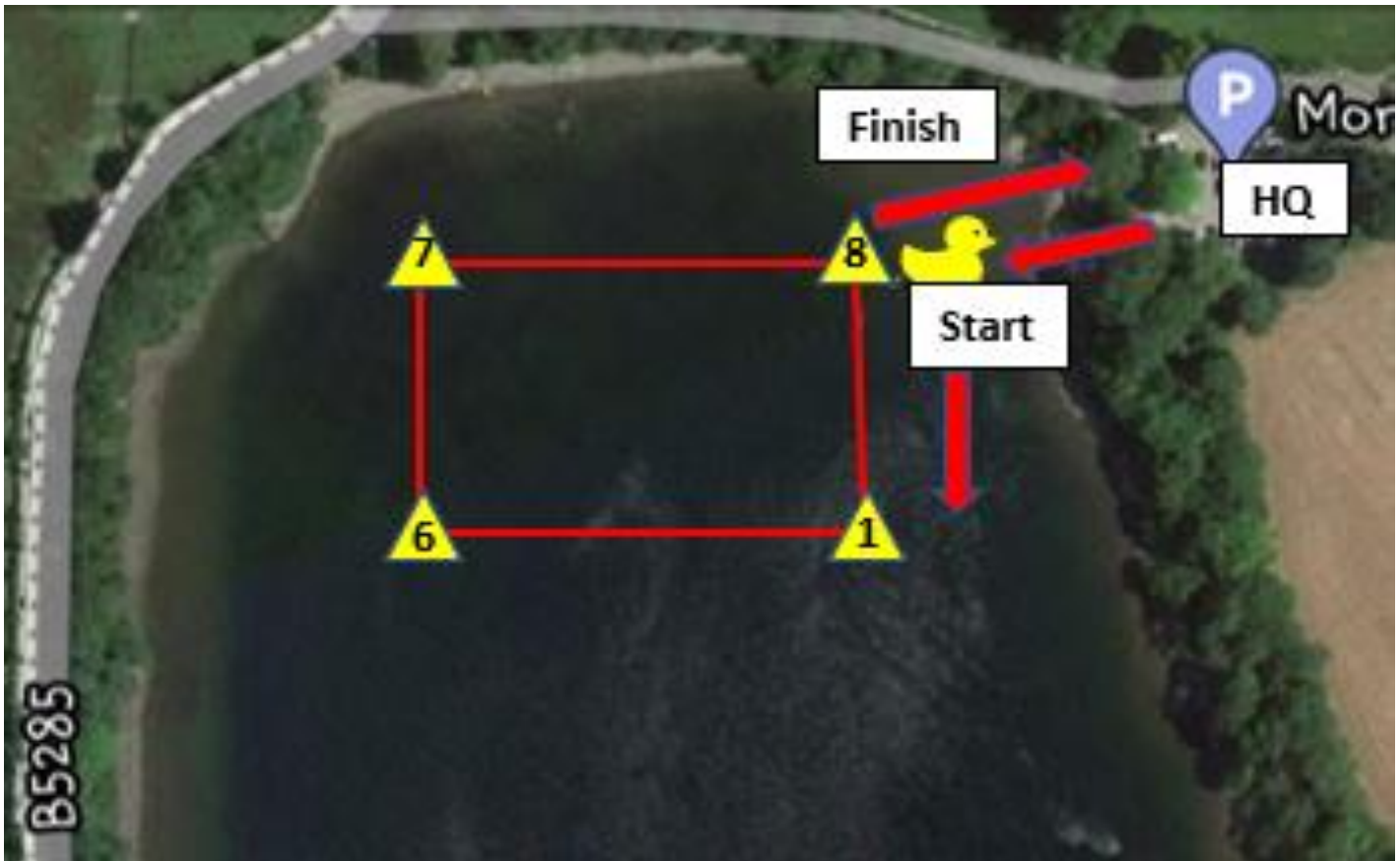
NB. These details are true and correct at date of publication but are subject to change without notice.

SWIM START/FINISH AREA



SWIM MAP & COURSE DESCRIPTIONS

500m Course



The start is “in water” by the Epic Duck.

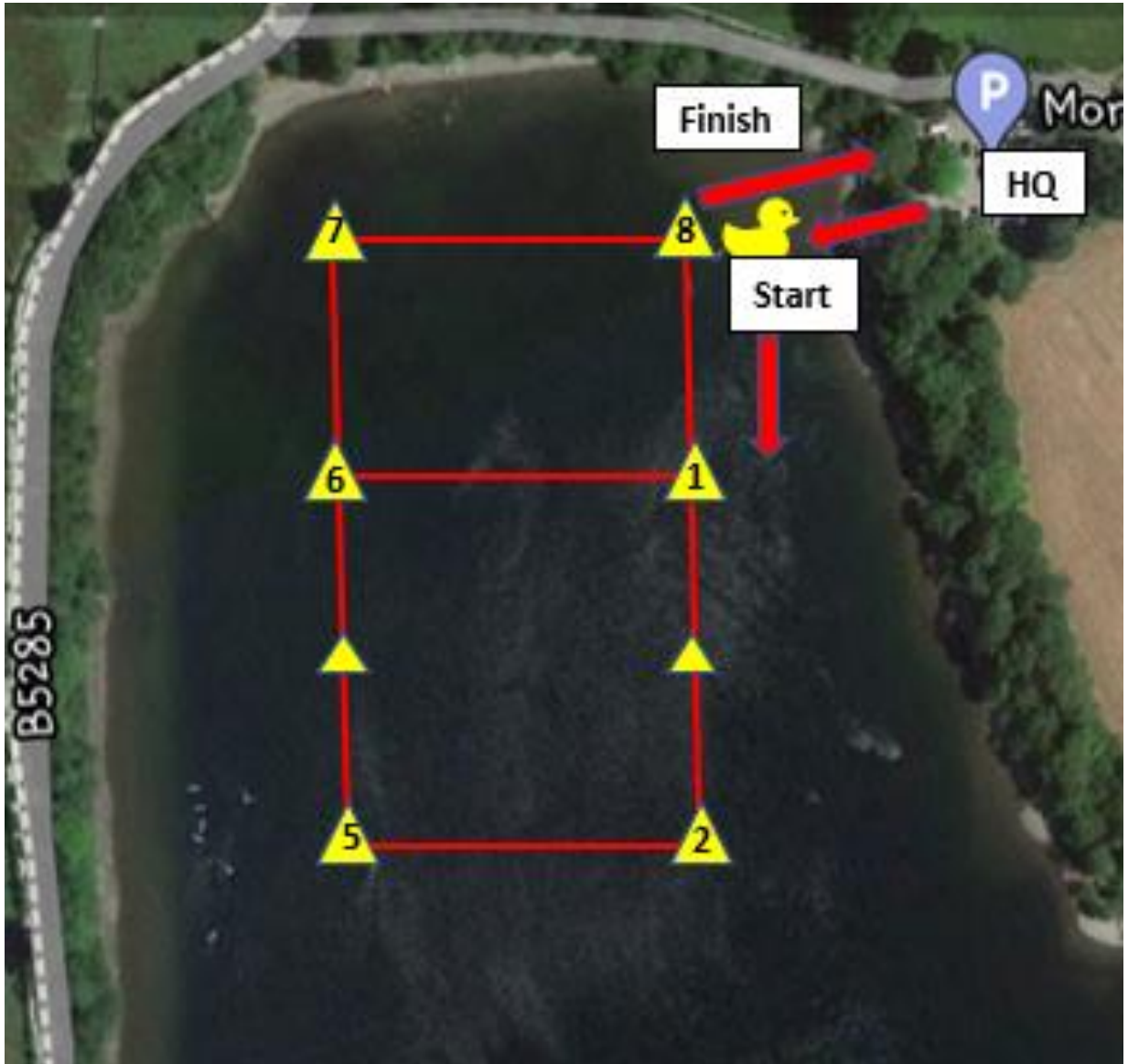
The course is 1 small clockwise lap and is marked by large, yellow triangular swim buoys.

From the duck you will swim to:

buoy no 1 > buoy no 6 > buoy no 7 > buoy no 8

then swim into the finish on the shore which will be marked by a large, red, inflatable finish arch & will be right next to where you went into the water.

1 mile Course



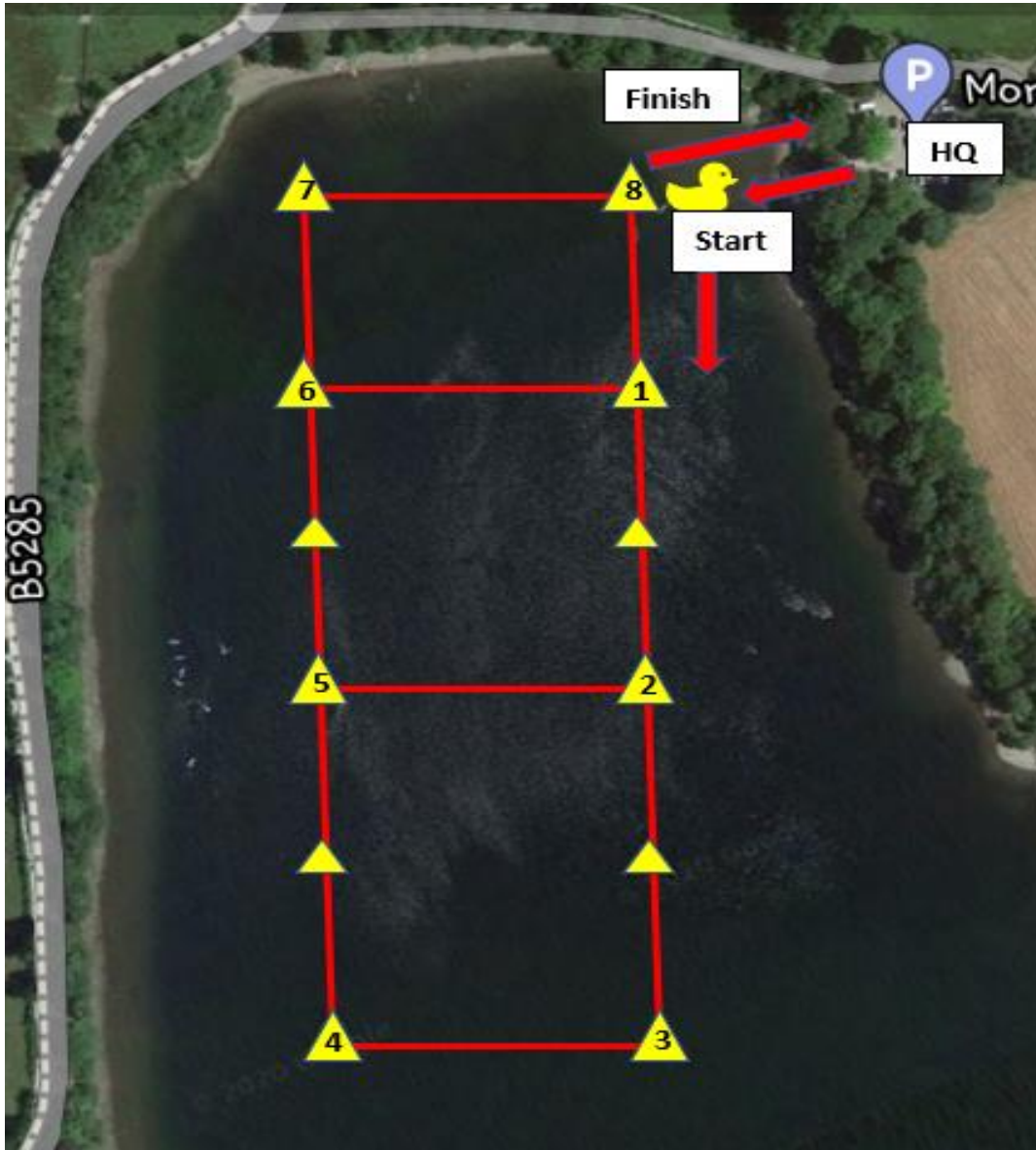
The start is “in water” by the Epic Duck. The course is 2 full clockwise laps of the whole course and is marked by large, yellow triangular swim buoys (with some smaller sighting buoys to assist).

From the duck you will swim to: buoy no 1 > buoy no 2 > buoy no 5 > buoy no 6 > buoy no 7 > buoy no 8

Important - When you start lap 2 you will ignore the duck. This is just for the swim start. When you start your 2nd lap you will keep the duck on your left. There is no need to swim around the duck to start your additional lap. This will keep you out of the way of any swimmers who are just starting and prevent collisions.

Once you have completed 2 laps you will then swim into the finish on the shore which will be marked by a large, red, inflatable finish arch & will be right next to where you went into the water.

3.8k Course



The start is “in water” by the Epic Duck. The course is 3 full clockwise laps and is marked by large, yellow triangular swim buoys with some small sighting buoys to assist.

From the duck you swim: buoy no 1 > buoy no 2 > buoy no 3 > buoy no 4 > buoy no 5 > buoy no 6 > buoy no 7 > buoy no 8

Important - When you start lap 2/3 you will ignore the duck. This is just for the swim start. When you start your 2nd & 3rd lap you will keep the duck on your left. There is no need to swim around the duck to start your additional laps. This will keep you out of the way of any swimmers who are just starting and prevent collisions.

Once you have completed 3 laps you will then swim into the finish on the shore which will be marked by a large, red, inflatable finish arch & will be right next to where you went into the water.