



EPIC LAKES SWIM

Windermere

The final event of the EPIC Lakes Swim Series takes place at the YMCA Lakeside National Centre on the shores of Windermere close to Newby Bridge.

We would like to wish all of our entrant's good luck with their final preparations and to have a safe journey to the event. We kindly request that you read in full all details outlined in this event information document.

COVID SYMPTOMS

If you are 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 have any COVID symptoms.

Directions to Event Headquarters

The Event HQ, Event Car Park, Start and Finish are based at: YMCA Lakeside, Newby Bridge, Lakeside, LA12 8BD

Event Parking

The official event car park is onsite at YMCA Lakeside. Please follow the signs and instructions when you arrive.

The cost for parking is £3.00 for the entire day, which is donated to the YMCA. 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 [HERE](#) and on the entry system, by entering the event 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 insurance policies undertaken by ourselves as the organisers to cover the event. If you are unable to take part, please follow the instructions outlined in the terms and conditions on the Epic Events website [HERE](#). Please note that you cannot change distances on the day due to the electronic timing system being pre-set with the entry data, 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 users 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.

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Wetsuits and Skin Swimmers

When entering the mile or 5km swim there is an option to swim without a wetsuit. You must have previous event experience of swimming without a wetsuit which should be provided at the point of entering online (n.b. **Tow Floats are compulsory for non-wetsuit swimmers**).

For all other swimmers, wetsuits are compulsory. Shortie type wetsuits are allowed, but due to lake temperatures often being significantly below 20degs, 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. 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 water temps better than youngsters, hence the age limits detailed below.

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.

EVENT TIMETABLE

- 07:00hrs Swimmer Registration Opens – all events
- 07:50hrs 5K race briefing (compulsory)
- 08:00hrs 5K swim start
- 11:20hrs 1-mile event race briefing (compulsory)
- 11:30hrs 1-mile swim start
- 11:45hrs 5K presentation
- 13:00hrs 1-mile presentation
- 13:00hrs Swimmer Registration Closes
- 13:20hrs 500m race briefing (compulsory)
- 13:30hrs 500m swim start
- 14:00hrs 500m presentation

REGISTRATION/TIMING CHIP COLLECTION

Registration will take place in front of Stoller Campus near to the swim start from 0700hrs at one of our large event shelters, signs will be in place directing you to registration from the Event Car Park. The registration process is below:

1. Identification

Registration sheets will be sorted 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 at £20.

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 £20.

Electronic Timing

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

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 remind you to remove your timing chip and place in the container at the finish.

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.

Kit Storage

On arrival at the start/finish area there will be an event shelter for baggage – this is where you may drop off your shoes and bag. Please note that this area is for exclusive use of competitors but we recommend that you do not leave valuables in the baggage area.

Briefings

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

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 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 and so on. Once wave 1 have started, wave 2 will move forwards and prepare to start, etc.

The race will be started with a single long blast on an air horn. 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 arch 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 containers provided.

PRESENTATION

Presentation for all events will be held at lakeside next to the start. Please see the schedule on page 4 for timings of presentations.

Personal Safety Information

The water in the Lake can feel cold during the race if you find yourself in trouble please follow below:

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.

THE SWIM 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. Scroll down to see the routes.

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 and ensure they are washed clean and dried before attending any other open water events.

Refreshments

Refreshments will be available from the caterer onsite at YMCA Lakeside.

Results

Live results will be published on the Epic Events website [HERE](#) as you cross the finish line.

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 24-48hrs 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

5k Swim Route

Keep all ▲ yellow marker buoys on your right & ● Orange shallow water markers on your left.

From swim entry acclimatise ➡ to buoy 1 ▲ 1

From buoy 1 you will **swim clockwise 3 times** around the course following the numbered buoys 1 to 8. Between the numbered buoys there will also be smaller ▲ yellow marker buoys to help you sight.

Buoy 8 is a smaller ▲ 8 yellow marker and once around this 3 times head to the finish between the

● orange shallow water marker and the duck 🦆



Mile Swim Route

Keep all ▲ yellow marker buoys on your right & ● Orange shallow water markers on your left.

From swim entry acclimatise ➡ to buoy 1 1

From buoy 1 you will **swim clockwise once** around the course following the numbered buoys 1 to 8. Between the numbered buoys there will also be smaller ▲ yellow marker buoys to help you sight.

Buoy 8 is a smaller ▲ 8 yellow marker and once around this head to the finish between the

● orange shallow water marker and the duck 🦆



500m Swim Route

Keep all ▲ yellow marker buoys on your right & ● Orange shallow water markers on your left.

From swim entry acclimatise ➡ to buoy 1 1

From buoy 1 you will **swim clockwise once around the course** following the numbered buoys 6, 7 & 8

Buoy 8 is a smaller ▲ 8 yellow marker once round this head to the finish between the

● orange shallow water marker and the duck 🦆



All Swim Distances Start & Finish information

From  swim entry acclimatise    to buoy 1, after starting your chosen distance complete the distance swimming between the shallow water marker  and the duck 

