

## **AQUASPHERE EPIC LAKES SWIM DERWENT WATER**

The Aquasphere EPIC Lakes Swim Series visits Derwent Water in Keswick for Race 2 of the 4 swim series. We would like to wish all of you who have entered this event good luck with your final preparations and that you have a safe journey to the event. We request that you read in full the details outlined in this event information pack.

### **Directions to Headquarters**

The event HQ will be a large event shelter close to the water edge at Isthmus Bay, which is the start area for this event. See site plan on page 9 for location.

### **Event Parking**

There are pay and display venues in Keswick town centre, which are council pay and display venues. Both are 5-10 minute walk from registration. There is a National Park car park at the lakeside, across the road from Crow Park (CA12 5DG) this is the most convenient. Grass verge parking on Lake Road is not allowed and this 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 are clearly stated on the Epic Events website <https://epicevents.co.uk/terms-and-conditions/>. On 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 non-registered participants will invalidate insurance undertaken by Epic Events to cover the liability for all registered participants in 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](http://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 lake 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 & Skin Swimmers**

On entering the mile or 3.8km swim there is an option to select 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.

**Swim 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 utmost to ensure the event can go ahead. 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.
- 3.8k: 17 years old on the day.

### **Swim Hats**

Coloured swim hats will be issued at registration, it is compulsory and essential these are worn for safety and identification reasons.

### **Registration Open Sunday 7.30am – 1:15pm**

Registration will take place in the event shelter on the beach at Isthmus Bay, follow the signs from Crow Park. Final registration times will be 15 minutes before the start for each respective event. Registration closing times are as follows:

- 3.8km = Registration closes 08:15
- 1 mile = Registration closes 11:15
- 500m = Registration closes 13:15

**Event Day Schedule:**

- 07:30 hrs registration opens – all distances
- 08:25 hrs 3.8km competitors enter water and make way to start
- 08:30 hrs 3.8km start
- 11:25 hrs 1-mile competitors enter water and make way to start
- 11:30 hrs 1-mile start
- 13:25 hrs 500m competitors enter water and make way to start
- 13:30 hrs 500m start

**Registration Procedure**

**1. Identification**

Registration sheets will be by sorted by race distance and in alphabetical name order. You will be required to show identification when you register.

**2. Hat & Shirt Collection**

At registration you will be handed an event swim cap; this must be worn during the event and on top of any other headgear if you are wearing any. You will also be given your event T-shirt at this point if you have ordered one.

**3. Timing Chip Collection**

At registration you will be allocated an electronic timing chip attached to a neoprene strap with a velcro fastener, which will match your race number. Please fasten this securely on your right ankle and ideally under your wetsuit to help to prevent it coming loose. Please ensure the timing chip is returned once you have finished your event at the finish line where there will be a large container for used timing chips. Lost chips will be charged £25.

**Attaching Your Chip**

The chip will be attached to a Velcro strap. Place the strap around your right ankle and fasten the Velcro, please ensure the soft side is against your skin. For added security of the timing chip fasten the strap on your ankle beneath your wetsuit.

**Changing Facilities**

There will be limited changing facilities in the start pen at the event venue, we recommend arriving with your swim gear on underneath your clothing and/or maybe with your wetsuit up to your waist or carrying your wetsuit in your bag and getting into it in the start pen. There will be portable toilets available and public toilets close by but no showers are available onsite. Please ensure you have changed into your swim gear that you will wear to swim in or under your wetsuit at your vehicle and come to the start in Isthmus Bay. The route to the start in Isthmus Bay will be signposted from Crow Park. Try to leave any valuables/bags at your vehicles as the bag drop will be supervised but is not secure. There will be an area to leave footwear in the start chute which will be accessible from the finish chute.



## **Briefings**

Race briefings will be carried out via social media in the days prior to the event. Briefings will be uploaded to YouTube and emailed to all competitors. Please ensure to watch the briefing beforehand. There will be a shorter briefing just prior to the start.

## **Start Times**

With 5 minutes to each distance starting an announcement that the start time is approaching will be given via the PA system informing competitors to enter the water and move to the start line. The start chute will be clearly marked and supervised.

Start Times (approximate) are as follows:

- 3.8km = 08:30am
- 1 mile = 11:30am
- 500m = 1.30pm

Each distance will begin as a mass start in the water. There may be more than one wave to reduce numbers and ensure that you enjoy a relaxed start. The waves will be based on your predicted speed with fastest swimmers first, but the time between waves will only be short. Therefore all swimmers should be ready to enter the water 5 minutes before the start. Your wave will be identified by your cap colour and we will ask swimmers to enter the water based on wave / cap colour. Wave 1 will be first to enter the water, followed by wave 2 and any remaining waves. Please listen to the announcements being made by via the PA system.

## **Finish**

When you have completed the prescribed number of laps, you then head directly for the pontoon. 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. The pontoon may be slippery when wet so take care and please ensure you cross the timing mat. On crossing the line, collect your medal and water from the table and deposit your timing chip in the large container provided.

## **Personal Safety Information**

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.
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. There will be kayaks situated throughout the course along with support boats, for your safety.

### **Emergency Situation**

In the event of an emergency situation affecting the whole race the rescue boat will patrol the course and repeatedly sound 3 blasts on the horn.

In this situation swim directly to the nearest shoreline and a competitor retrieval plan will be put into operation. In the event of such emergencies, you **MUST** report to the swim start/finish area and return your chip to ensure that you're fully accounted for.

We have liaised with the Keswick Launches team and they are aware of our event. Race start times have been adjusted to avoid 95% of their boat traffic. Please be aware in both the 3.8k and the Mile events when completing the last section from the island loop across to the finish that there may be launch ferries crossing the route, the water safety team will also ensure that you are aware.

### **Presentation**

Presentations will take place close to the finish line, for 1st, 2nd and 3rd male and female overall in each distance. Approximate presentation times are as follows:

3.8k presentation 10:30am

1 mile presentation 12:30pm

500m presentation 1:50pm

### **The Courses**

The courses have been designed and measured accurately using GPS. The marker buoys (large yellow triangular buoys 1.5m high x 0.9m wide) will be set in position and checked on the morning of the race. The level of the shoreline may slightly increase or decrease the distance into the finish. You can view the course maps towards the end of this document.

### **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 wetsuits, goggles, socks, gloves and skull caps are clean and dry before attending the event. Following your swim utilise the water bins provided. There will be buckets and water for you to wash your wetsuit. It's compulsory that you wash your wetsuit on site and ensure it is free from any weed before leaving site.

When you return home, ensure that you fully clean and dry your wetsuit both inside and out before swimming in any other lakes or rivers.

**Results**

our provisional result will be published LIVE on the results page on our website [HERE](#) as you cross the finish the finish line. Any queries relating to provisional results must be e-mailed to [simon@epicevents.co.uk](mailto:simon@epicevents.co.uk) by Monday following the event, after which time all results will be deemed as final and complete

**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 lakeside event staff, medics will be in attendance to assist.

**Photography**

As part of your entry fee you will receive free to download pictures. The pictures will be available to download from the Epic Events 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: [events@epicevents.co.uk](mailto:events@epicevents.co.uk)

website: [www.epicevents.co.uk](http://www.epicevents.co.uk)

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



**SITE PLAN**



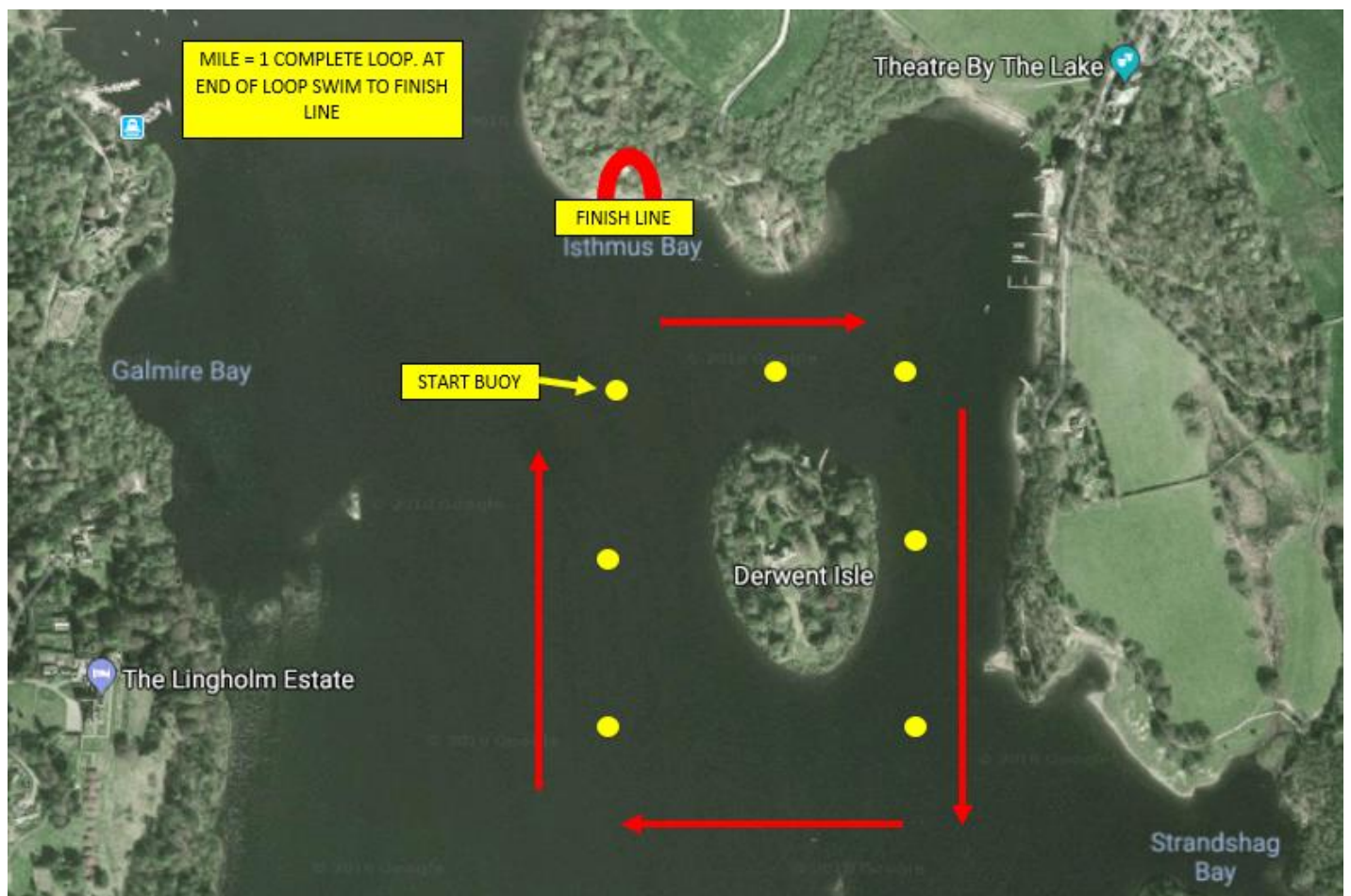
**THE COURSES**

**500m Course:**



**3.8km Course:**



**Mile Course:****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.