

EPIC Lakes Swim Coniston – 14th August 2022

Welcome to Epic Lakes Swim Coniston

We would like to thank you for your entry and wish you good luck with your final preparations for the event. We request that you read the details outlined in this document and note that unless informed directly by Epic Events that all the information included is now FINAL & CONFIRMED.

CONFIRMATION OF ENTRY

All swimmers who have entered will have been automatically forwarded an email receipt and will be listed on the current entry list [HERE](#) – please ensure that you are listed as a participant before traveling to the event.

TERMS AND CONDITIONS OF ENTRY

The Terms and Conditions of entry are clearly stated in the entry process and on the website [HERE](#). On confirming entry all entrants 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 organisers to cover the event. If you are unable to race, please follow the instructions outlined in the terms and conditions on the website [HERE](#).

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 an 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 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).



THE
Endurance Store

Running, Swimming & Triathlon Store

Wide range of road & trail running shoes
North West's number 1 swim wetsuit stockist
Wide range of running & swimming accessories
Wide range of tri-suits & clothing

www.TheEnduranceStore.com
info@TheEnduranceStore.com

308 Mossy Lea Road, Wrightington, Wigan

- Ditch the Hitchers

As part of a scheme to help prevent the spread of foreign invasive species 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 containers 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.

- 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. Please wear this event cap during your swim so that we can identify which group you are in.

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 start boat signals after a brief countdown and 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. Please note that HQ does not have parking available for competitors or spectators.

EVENT PARKING

Event parking will cost £5 which all goes directly to the local field owners. This is cash only. You can remain parked in the car park all day, up until the event finishes on Sunday afternoon. The car park will open at 06.30 Sunday morning and closes at 16.00.

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 T-shirt at this point (if you have ordered one) 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)
- 08:30 hrs 3.8K swim start
- 11:15 hrs 1-mile event race briefing (compulsory)
- 11:30 hrs 1-mile swim start
- **11:45 hrs 3.8K presentation**
- **12:45 hrs 1-mile presentation**
- 13:15 hrs 500m race briefing (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 countdown from the starter. 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 above in the document for timings of presentations.

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

The 3.8k course is 3 laps.

Please see images 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

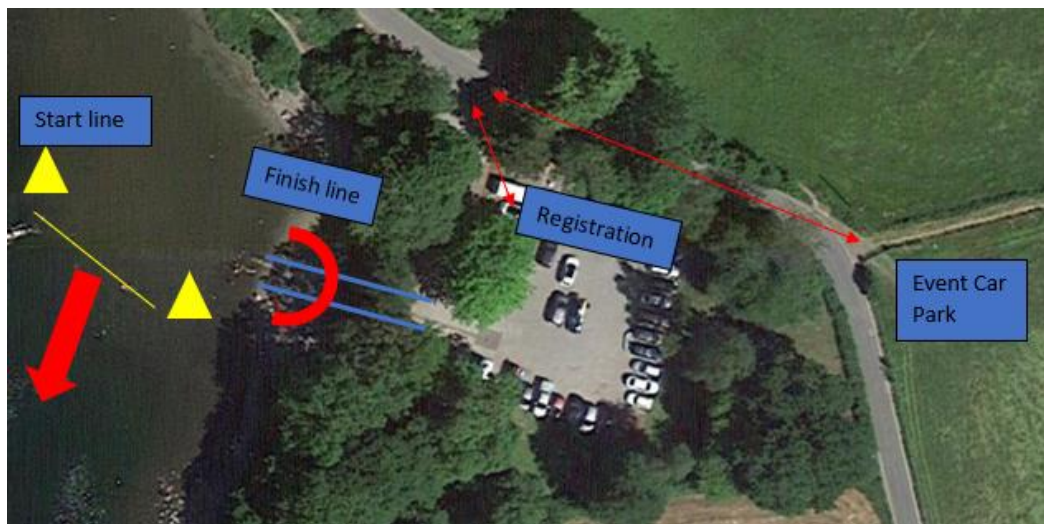
On behalf of Epic Events all the team would like to wish you well and hope you have a safe and enjoyable event.

Yours in sport
Epic Events

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

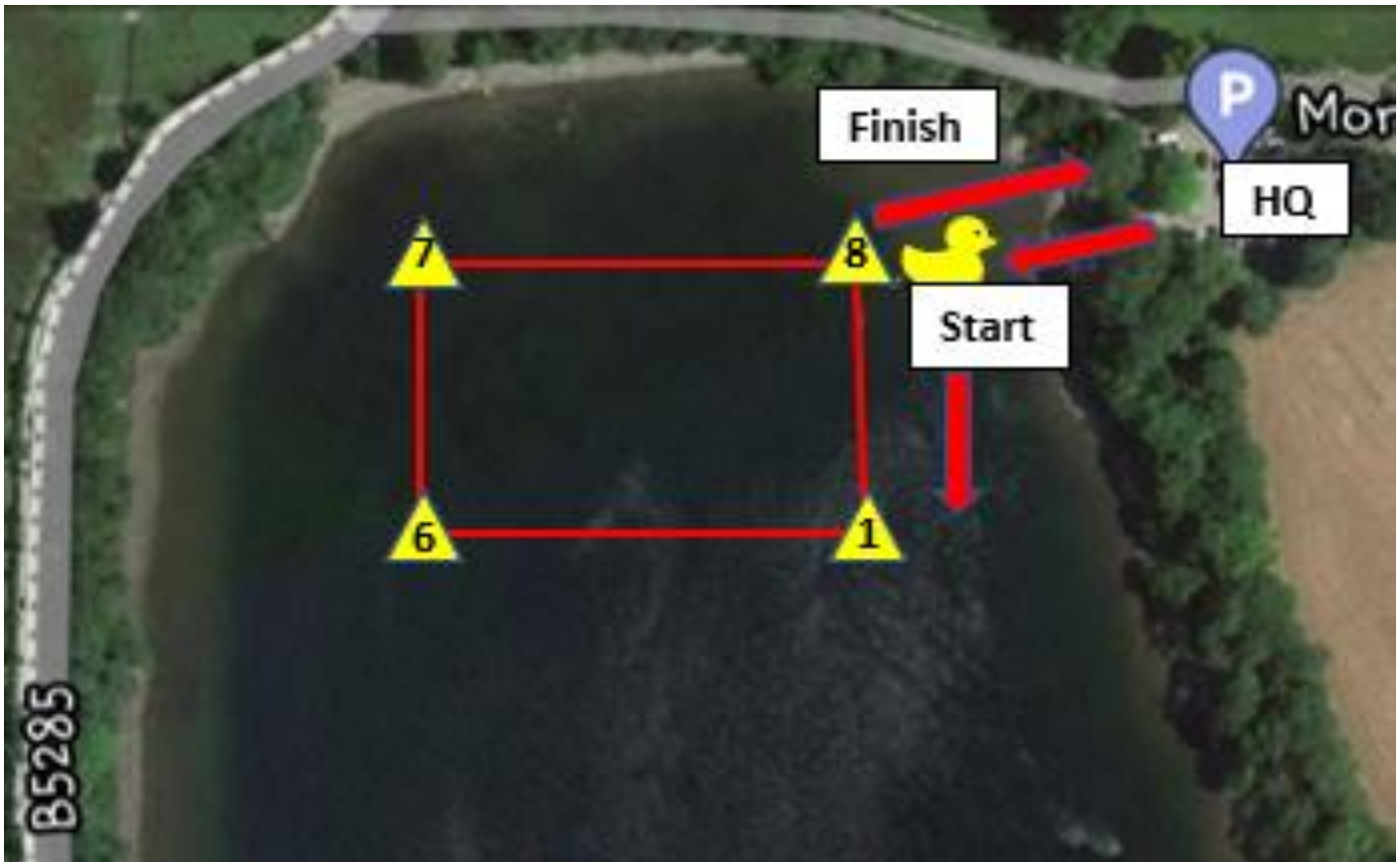
NB. These details are true and correct at date of publication but are subject to change without notice.

SWIM START/FINISH AREA



SWIM MAP & COURSE DESCRIPTIONS

500m Course



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

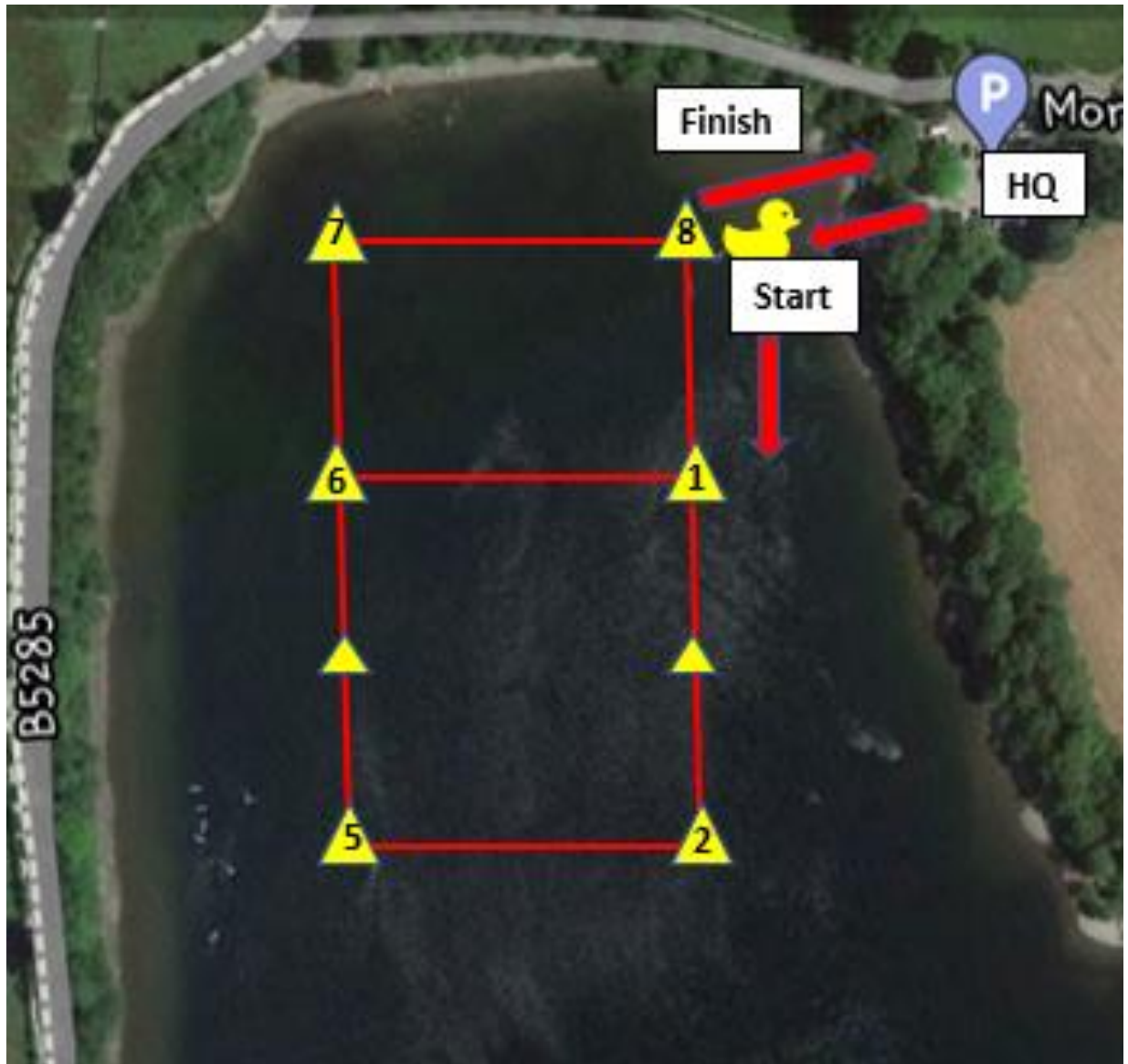
The course is 1 small clockwise lap and is marked by large, yellow triangular swim buoys.

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



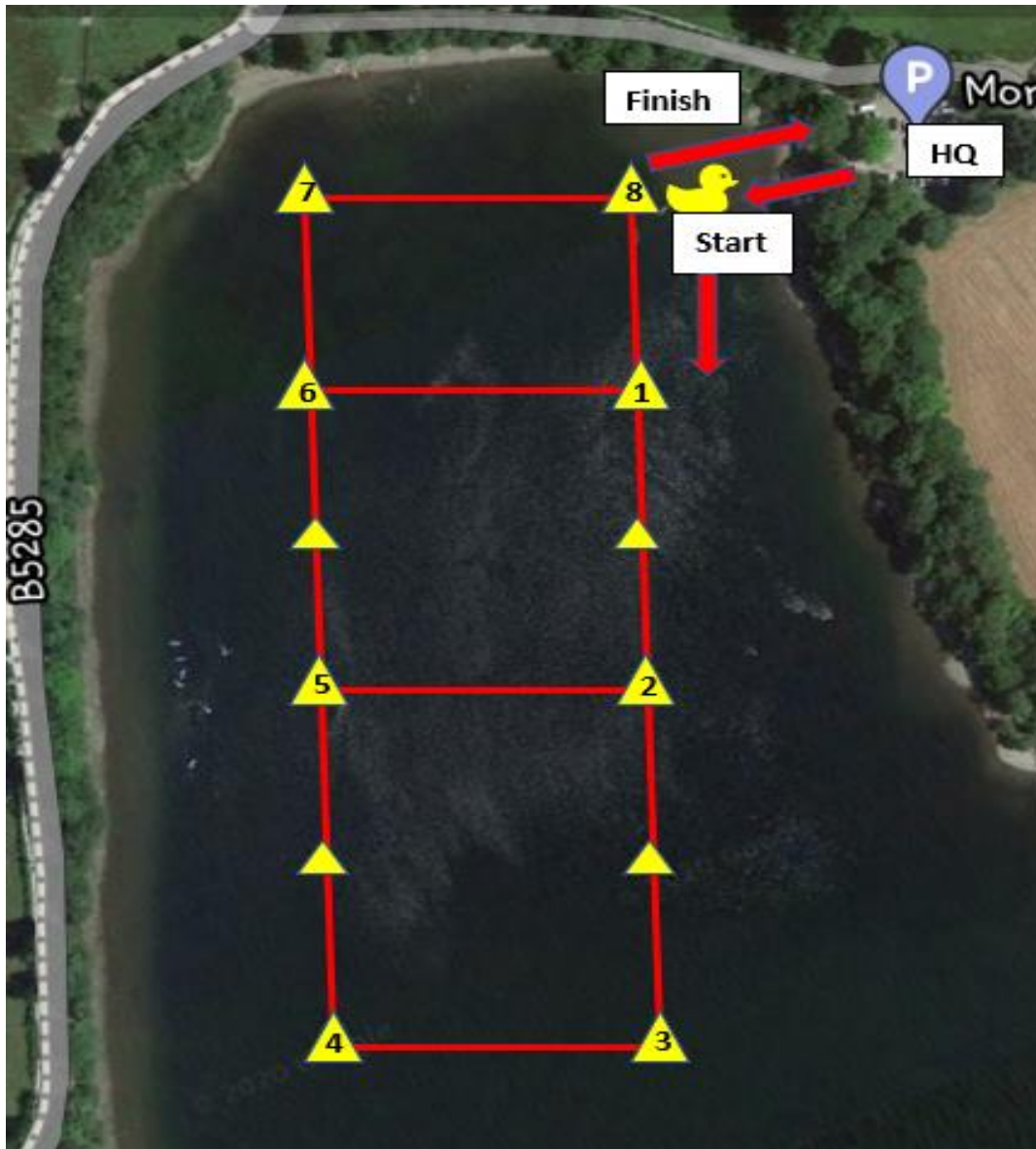
The start is “in water” by the Epic Duck. The course is 2 full clockwise laps of the whole course and is marked by large, yellow triangular swim buoys (with some smaller sighting buoys to assist).

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.