

Galeforce MASS START SWIM SERIES

Incorporating Round 1 of the H2Open Magazine National Ranking Series



*See footnote on last page

RACE 1 - Saturday 4th May 2013 – 12 noon Start

Competitor Information

Arrival - Please use the main car park. Parking is free.

Changing - This is in the front of the main building. Showers are provided. Do not leave possessions unattended - use the lockers.

Registration - Opens **10.00am** - **11.40am**

This will be in the marquee next to the finish line.

Give your name to the registrar and pick up your swim hat and timing chip. The chip goes on your ankle - make sure it's securely attached.

Entry - Online entry will close on Friday 3rd May at midday.

Entry on the day is available but will cost £23. Please arrive early if you intend to enter on the day. You'll need to fill out a paper form.

Wetsuits - Wetsuits are optional - the water temperature varies a fair bit from day to day as the lake is quite shallow.

Briefing - This will be at 11.45am - everyone must attend.

Warm-up - you'll be able to enter the water 5 minutes before the start. **DO NOT DIVE** into the water.

The Start - All swimmers will be started together at **12 noon**. If you don't fancy the rough n tumble then give yourself some room at the start.

The course - This is marked with large yellow buoys and is shown on the attached plan. Swim clockwise. Front-crawl or breast-stroke is allowed.

750m - 1 small lap, 1500m - 2 small laps
3.8k - 3 and a bit large laps, 5k - 4 large laps

Safety - Kayak marshals will be on the water for your guidance and safety. If you get into trouble turn on your back and raise an arm.

Time Limit - There is a 2 hour time limit for the race. If you are still not finished by 2pm you'll be fished out.

Clock – The **BIG CLOCK** is back. This will be visible as you approach the finish and go past on laps.

Finish - On completion of your swim you must climb out and cross the finish mat next to the marquee.

Presentation - This will be at **2.30pm** at the finish line. Trophies for 1st, 2nd & 3rd Male & Female in each distance will be awarded.

Refreshments - These are available from the café.

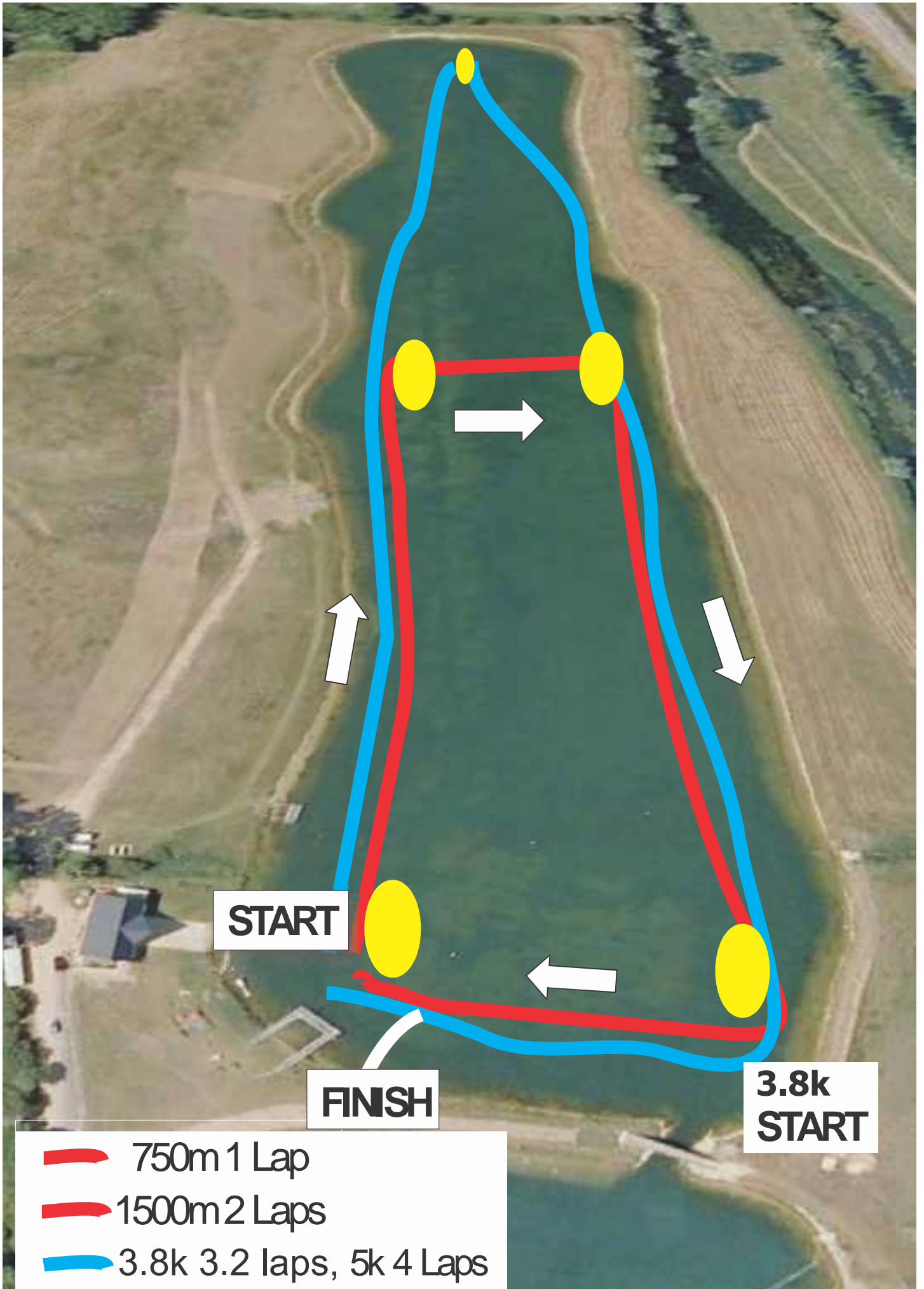
Retail – Tri-Crazy will be on hand for any go-faster items.

First-Aid - Paramedics are on hand throughout the event.

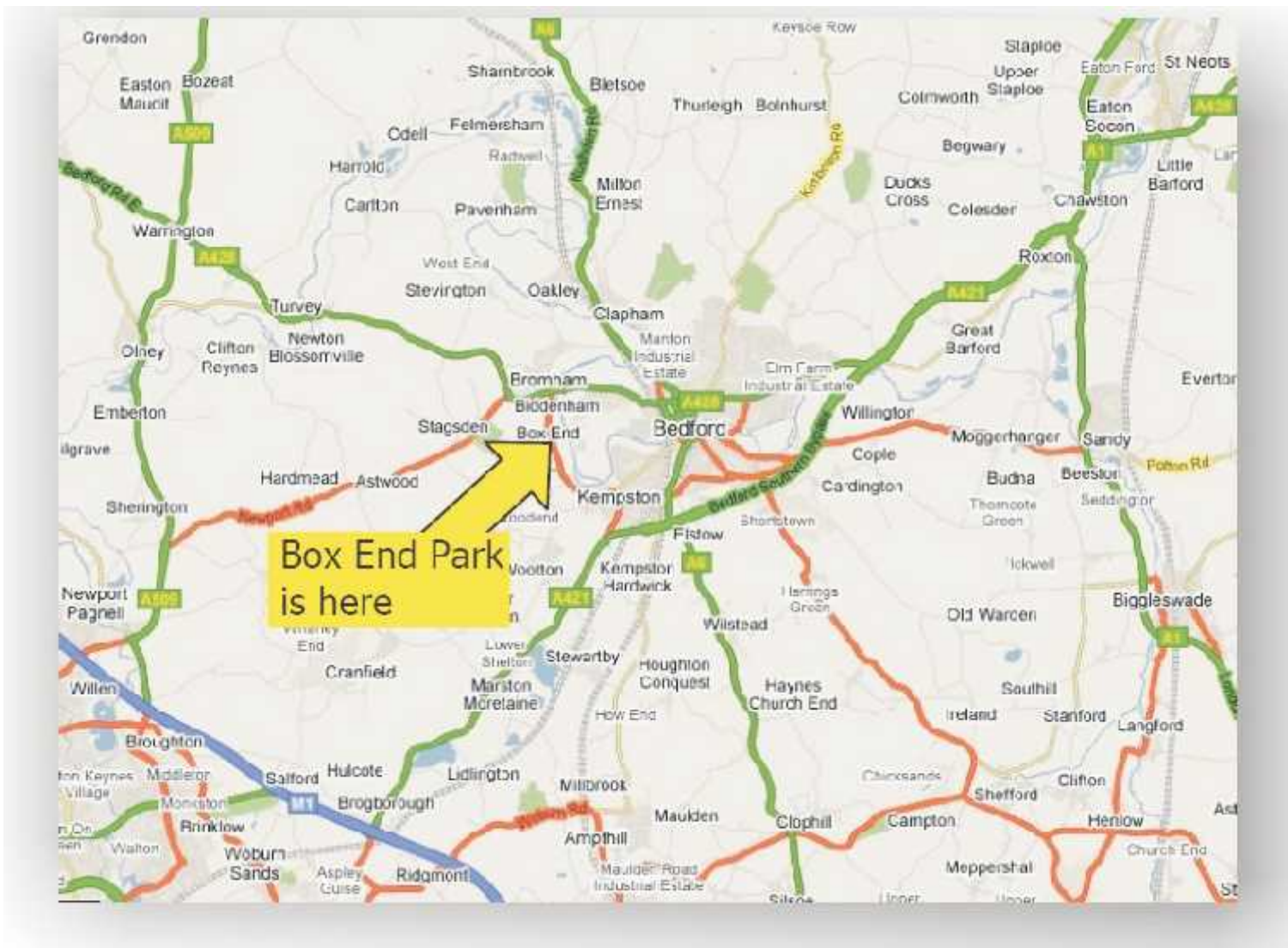
Start List - A link to the start list is available on the website.

Results - Will be posted on the website asap after the event.

Galeforce MASS START SWM SERIES 2013 -BOX END ROUTE



Box End Park Location



[H2Open Magazine National Ranking Series](http://www.nationalopenwaterswimseries.com/)

Please make sure you register for the Series if you wish to be counted.

This is open to the 5k swimmers only and will be divided into wetsuited and non-wetsuited.

For more info visit: <http://www.nationalopenwaterswimseries.com/>

Have a good race!