This race pack is **PROVISIONAL**. Race information may change between now and the event.

SWANSEA SWIM

RACE PACK



THANK YOU.

We want to take this opportunity to thank you for participating in PEAKS Swansea Swim powered by Myswim Co. We can’t wait to see you on the start line.

As our valued athletes, many of you return year after year and know our events very well. We cannot thank you enough.

You may have many questions on how the day will run and we're sure that the race pack will answer all of them for you. Ensuring the safety of all in attendance is of paramount importance.

A huge thank you again for your continued support.

See you on race day!

The AWE Team

Please ensure that you read the information in this race pack carefully, even if you've raced this event before.

IMPORTANT LOCATIONS

> *To make finding where you need to go easier we use **what3words** references that look like this **///filled.count.soap**. To learn more about what3words and how to use it visit: https://what3words.com/products/what3words-app*

Swim Start

Prince of Wales Dock, ///little.kinds.hurry

Registration

Dylan Thomas Centre, ///frogs.really.priced

PARKING

The Quadrant Car Park

Swansea, ///burst.ladder.shave

Copr Bay South

Swansea, ///estate.divide.stream

Paxton Street Car Park

Swansea, ///civil.smoke.slices

East Burrows Road

Swansea, ///origin.misty.fire

Trawler Road Car Park

Swansea, ///colleague.boat.gift

ITINERARY

Saturday, 22nd May

11am - 2pm **Registration** Dylan Thomas Centre

2pm **3k Distance Starts** Prince of Wales Dock

3pm **1.9k Distance Starts** Prince of Wales Dock

3.30pm **750m Distance Starts** Prince of Wales Dock

4pm **Overall Cut off** Prince of Wales Dock

REGISTRATION

> ***Don't forget your photo ID:*** *Without photo ID you will not be able to register. You CANNOT register on someone else's behalf.*

At registration you will receive:

1 X Swim Hat

1 X Timing Chip

> ***Entries are non-transferable at registration.*** *If you have not followed the correct steps to transfer your entry to another person (deadline prior to the event), they will be unable to race. If another athlete takes part with your details, you will both be disqualified and banned from all future AWE events.*

STAYING SAFE



Watch the pre-event briefing video at:
https://www.youtube.com/watch?v=xPq1YAy2fpg

> *The pre-event video briefing contains important, on-the-day information. Please ensure you watch this prior to the event.*

You will be briefed on the day on which coloured buoys to follow as per your distance. Make sure you give yourself plenty of space. This will enhance your enjoyment of the swim. Water safety is provided by a professional and well-trained organisation.

Should you get into trouble, please lie on your back and put your hand in the air, and they will assist you. Water safety is there to enhance enjoyment and naturally to ensure your safety; you will not be DQ'D for requesting their help should you then be able to continue and complete the swim.

On exiting the swim, athletes of all abilities can get dizzy; this is normal. To help with this, kick your legs hard for the last 50m to get some blood flow into your legs. Please make sure you are fully stable on your feet before the final exit from the water.

MARSHALS

Please be advised all marshals are volunteering their time for free and without their assistance we would not be able to put the race on. Please respect marshals. Any abusive behaviour or language will result in immediate disqualification.

It is your responsibility to know the route and to ensure your own safety on course. Marshals are there purely for reference and directional purposes and are not permitted to stop traffic.

TIMING & RACE NUMBERS

Please attach your timing chip to your left ankle for the duration of the event.

FAILURE TO RETURN YOUR CHIP, DURING OR AFTER THE EVENT, WILL RESULT IN A £100 CHARGE FOR LOSS OF CHIP.

If you are unable to finish, please let a marshal/team leader know. If you are unaccounted for, we will assume you are missing.

WAVES

The swim will start in one wave of all the distances.

THE COURSE

750m - 750m open water swim

750M - 750M

LAPS **1**

> *All course cut-off times can be found in the event itinerary.*

1.9km - 1.9km open water swim

1.9KM - 1.9KM

LAPS **2**

> *All course cut-off times can be found in the event itinerary.*

3km - 3km open water swim

3K - 3K

LAPS **2**

> *All course cut-off times can be found in the event itinerary.*

> *Courses are comprehensively marshalled and signed with black arrows on a fluorescent background*

RULES

> *It is your responsibility as a competitor to know ALL the rules. Ignorance is no defence.*

It is your responsibility as a competitor to know ALL the rules.

- It is your responsibility as a competitor to know and correctly complete the full course.
- Foul and abusive language is not permitted and the failure to follow a marshal's instructions, the water safety team or the referee will lead to disqualification.
- Marshals are volunteers who help with the running of the event that you are taking part in.
- Please respect them and thank them for their efforts.
- Wetsuits are mandatory.
- Only Front Strokes are allowed.
- Please keep the buoy's on your right-hand side.
- No fins or floatation devices are allowed.
- No swim shoes or gloves allowed.
- Please remove your rubbish and dispose of it appropriately.
- You MUST wear the swim hat provided at registration.
- You can wear your own hat underneath, but the official swim cap must be on top.
- Water Safety is there to guide and assist, please make sure you follow any instructions they give you.
- When the cut-off comes into play, you must obey Water Safety Instructions for extraction.

It is your choice to enter the water.

PENALTIES

> *It is your responsibility as a competitor to know to be aware of the penalties for not following the rules.*

RESULTS & AWARDS

Award Categories

🏆 **1st, 2nd, 3rd Male (3K)**

🏆 **1st, 2nd, 3rd Female (3K)**

🏆 **1st, 2nd, 3rd Male (1.9K)**

🏆 **1st, 2nd, 3rd Female (1.9K)**

🏆 **1st, 2nd, 3rd Male (750m)**

🏆 **1st, 2nd, 3rd Female (750m)**

FAQ

If there's something you need to know that isn't covered in this race pack head over to our Frequently Asked Questions page by clicking the link below.

Frequently Asked Questions

OTHER INFORMATION

AWARDS & RESULTS

We will hold the presentation 5 minutes after the 1st,2nd and 3rd male and female athletes have crossed the finish line. If the weather does not permit this, we will send out the trophies free of charge. If you are unable to stay for the presentation but would like your trophy, we can post it out after the event with a £5 P&P charge.

Please note, on-the-day presentation will only be for 1st/2nd/3rd overall male and female winners. There are NO age category prizes for the event.

LOST PROPERTY

Any lost property that has been found will be returned to our HQ. Please contact us after the event to retrieve any items. Local collection will be available or P&P (postage fees will apply).

Property will be kept for 7 days, and if not claimed, will be disposed of.