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

MUMBLES SWIM

RACE PACK



THANK YOU.

We want to take this opportunity to thank you for participating in the PEAKS Mumbles Swim. 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 about how the day will run, and we're sure that the race pack will answer all of them. Ensuring the safety of all in attendance is of paramount importance.

Again, a huge thank you 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*

Registration

Mumbles Yacht Club, ///paths.redeeming.balanced

Start Line

Slipway, ///thundered.massing.divided

Finish LIne

The Knuckle, ///stacks.necklaces.folks

PARKING

Knabb Rock (will fill up very early)

Mumbles, ///gateway.letter.couriers

Bracelet Bay

Mumbles, ///blushed.wheat.inferior

The Dairy Car Park

Mumbles, ///riverboat.defining.decently

Oystermouth Foreshore

Mumbles, ///ballots.guarded.eased

Southend Car Park

Mumbles, ///reinstate.shuffles.humble

ITINERARY

Friday 25th September

4pm - 7pm **Registration** Mumbles Yacht Club ///paths.redeeming.balanced

5.30pm **First Timers Breifing** Transition

Saturday 26th September

6am - 7.20am **Registration** Mumbles Yacht Club ///paths.redeeming.balanced

7.45am **Mandatory Race Breifing** Slipway ///incisions.meanders.digesting

8am **Event Start** Slipway ///incisions.meanders.digesting

9am **Last Swimmer out of the water** Slip Way ///incisions.meanders.digesting

9am **Prize Giving** Finishline

1-5pm **Post Race Party** Ulas Mumbles

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 Timing Chip

1 X Swim Hat

> ***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

Pre-Event Safety Video

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

Swim

Things you need to be aware of for the swim.

After a short briefing, you will be invited onto the slipway where you will go over the timing mat, therefore you must wear the timing chip provided on your left ankle. 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 with your hand in the air and they will assist you.

Water Safety is there to enhance enjoyment and naturally to ensure of your safety, you will not be DQ'D for requesting their help should you then be able to complete the swim.

The swim will take a clockwise direction and will complete 1 lap in the Sprint and 2 laps in the Middle of the swim course which will be clearly marked out with buoys.

On exiting, 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. Please keep your distance from the shoreline and ALWAYS keep the paddler to the LEFT of you at all times. If you decide to retire from the swim, please hand your chip to the Shoreline Lifeguard before leaving the Slipway.

ONCE YOU HAVE EXITED THE SWIM, HEAD STRAIGHT DOWN THE FINISHLINE. YOUR OVERALL TIME WILL STOP ONCE YOU HAVE REACHED THE FINISHLINE.

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 display correctly will cause you to be penalised or disqualified.

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 either call the hotline on your race bib or let a marshal/team leader know. If you are unaccounted for, we will assume you are missing.

THE COURSE

Mumbles Swim - 1500m Swim

SWIM - 1500M

LAPS **2**

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

Mumbles Swim - 750m

SWIM - 750M

LAPS **1**

> *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*

FEED STATIONS

FINISH LINE

When crossing the finish line, all athletes will receive -

- Bottle of Water
- Small bag of Sweets

Food and drink will also be available for purchase in the yacht club.

RULES

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

·It 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 buoys on your right-hand side.
- No fins or flotation 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 the 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

🏆 **1-3 Male - 750m**

🏆 **1-3 Female - 750m**

🏆 **1-3 Male - 1500m**

🏆 **1-3 Female - 1500m**

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

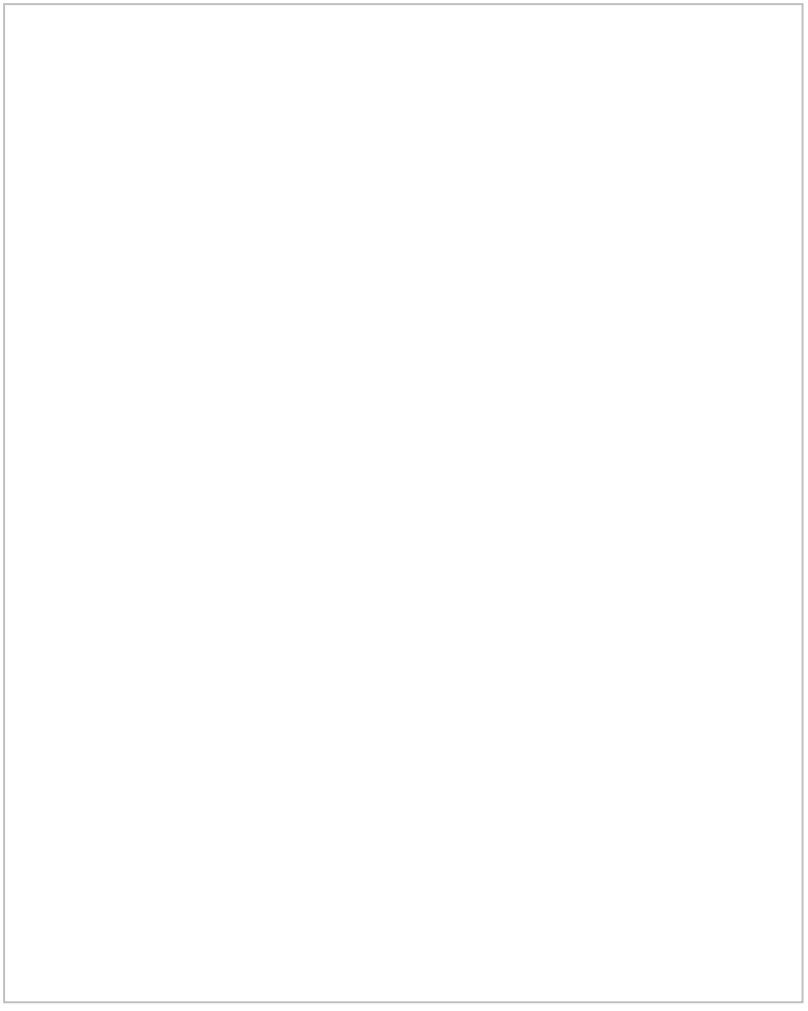
LOST PROPERTY

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.

END OF SEASON PARTY

Come join us for the End of season party at Ula's Rooftop bar after the event.



Join us at Ula’s Rooftop Bar for a well-earned drink (or two!) and help us round off another fantastic season of racing.

🎶 Live DJ

🍻 Post-race drinks

🤼 Meet fellow athletes, sponsors & the AWE team

📆 Saturday 26th September

⏰ 1pm – 5pm

Are you joining us? - https://forms.gle/V6E9fsSc7pbpBmvF8