

'Swim the Lake' Ardingly.

RACE DAY INFO



'Swim the Lake' Ardingly.
Weds. 23rd June 2021 (7pm start)
Race information

EVENT STAGE BY Hedgehogtri Events

COVID-19 MEASURES

Government guidelines are now not due to change before the event so the following measures will be in place:

- * All Covid-19 measures listed here are subject to change dependant on Government guidance
- Spectators are allowed.
- Please ensure no mixing with other family groups, stay within government guidelines.
- Keep a minimum of 2m from others, during set up, racing, and collecting equipment.
- No mass race briefing there will be an online video briefing a link will be emailed to you.
- Competitors will be called in groups of 6-12, to the Start assembly area prior to starting.
- Note there is no changing facilities available so come race-ready.
- We ask that as soon as your race is completed, collect your equipment and leave the venue.
- * All starting will be in groups of 6 max. every minute.

- * Health Declaration **must** be completed online by competitors BEFORE Tues. 22nd June 2000hrs.
- * Ardingly Swimming Disclaimer also **must** be completed by TUES. 22nd June 2000hrs.
- * **NO CHANGING/ SHOWERS are AVAILABLE, Toilets ONLY for Competitors (covid)**
- * No results (online only), no prizes on the day (posted)
- * Please bring your own water containers, there will be no cups for use at the finish. Water will be in containers for you to dispense.

PRIOR TO RACE DAY

- * The Swimming Waiver form must have been completed [LINK](#)
- Race Ticket link will be emailed to you (2-3 days before), download to your device, or print off.
- On the Race Ticket will be your Registration Time.
- Please complete the 'Health Declaration', please list any persons who travelled with you, available 7 days prior to race start (NOW LIVE) [LINK](#)

VENUE

- Address: Ardingly, Reservoir RH17 6SQ

RACE DAY EVENT TIMETABLE (some end times approximate)

17.30 Registration opens
18.45 Water acclimatisation
19.00 Race start (3km in small groups)
20.30 approx. Expected finish
20.45 Water is cleared, any still swimming will be asked to leave the water.

ARRIVAL

- * Parking is VERY limited at this event so please if you can attend with others in same vehicle that would assist us.
- * If you can arrive using your cycle this would also help.
- * Parking is only in the public reservoir car park, if there is no space then you will need to park on College Road (600m away)
- * Please park responsibly

REGISTRATION ON THE DAY

- Registration will be at the Hedgehogtri Van, table 1 -show 'Race Ticket, Table 2 – swim cap/hand marked.
- Please register at the time stated on the Race Ticket.
- Opens at 17.30 and will close at 18.45 prior to the start.
- Checks will be made that you have completed the Ardingly Swimming Disclaimer & Health Declaration, if you have not completed these then you will be asked to move aside, complete paperwork and rejoin the queue at the back.
- You will also have your race number written on the back of both hands.
- Given a coloured swim cap, to be worn in all cases.

RACE BRIEFINGS

- Current guidelines ask for an ONLINE BRIEFING VIDEO ONLY- link to be emailed to you
- A short update will be given to each small group before starting.
- All starts are in groups of 6 persons in numbered order

THE RACE -

SWIMMING

- Line up in numbered order standing by the marker cone 2m apart, as swimming starts please move forward.
- You will be starting in numbered order, listen out for the call.
- You will be called in small groups to the pontoon – announcements via 'bull horn'

3km

- * The small group keeping SD will be updated on any changes and counted into the water.
- * The course is 4 LAPS of the triangular course, then between the marked buoys (the gate) to finish on the Slipway.

1.5km

- * The small group keeping SD will be updated on any changes and counted into the water one at a time.
- * The course is 2 LAPS of the triangular course, then between the marked buoys (the gate) to finish on the Slipway.

750m

- * The small group keeping SD will be updated on any changes and counted into the water one at a time.
- * The course is 1 LAP of the triangular course, then between the marked buoys (the gate) to finish on the Slipway.

SWIMMING CONDUCT & RULES

- * Wearing of wetsuits is mandatory, with water temperature under 23degrees (race rule).
- * You can wear a 'shortie' wetsuit but then will not be able to wear any thermal footwear (BTF rules).
- * No swimming gloves.
- * Swim in a clockwise direction keeping the large pyramid/ cylinder marks on your right handside.
- * Do not impede any other swimmer.
- * If you need assistance then turn over on to your back and wave arm(s).
- * ONLY SWIM BREASTSTROKE OR FRONT CRAWL – any turning over on to your back will mean you will be approached by support team.
- * There will be support lifeguards/ kayaks and a power boat on hand to assist you if required.
- * If you are new to open water swimming please ensure you practice before the race, it is very different to swimming in a pool.

Finish:

- * Exit the water and give your number to the marshal at the water's edge.
- * If you did not complete the full course PLEASE TELL THE MARSHAL.
- * Please collect your medal, collect equipment and leave asap. (covid)

TIMING

- * Times are taken manually at: Start & End of Swim.
- * Please ensure you call your number out and show your number on your hand on entry/exit.

Just a few basic race rules:

- Littering is not allowed, there are bins marked on exit from transition for any Gel packs, bottles etc. If you throw down litter you will be penalised as per event rules.
- Please go to: <https://www.britishtriathlon.org/competitionrules> website for all the race rules.

RESULTS

- No results on the day (online only – covid) – on website by 9am following day.
- On the following FRIDAY the results will be declared final.

PRIZES

- * 3km - 1st Male/Female under 40yrs, 1st Male/Female over 40yrs
- * 1.5km - 1st Male/Female under 40yrs, 1st Male/Female over 40yrs
- * 750m - 1st Male/ Female

TOILETS/ CHANGING

TOILETS for COMPETITORS ONLY (covid), NO CHANGING & NO SHOWER FACILITIES.

We thank Ardingly Activity Centre for opening the toilets for COMPETITORS only for this race (normally closed during this current 'covid' time).

COLLECTION OF EQUIPMENT

- * Please collect your equipment & leave the site as soon as possible. (covid)

FIRST AID

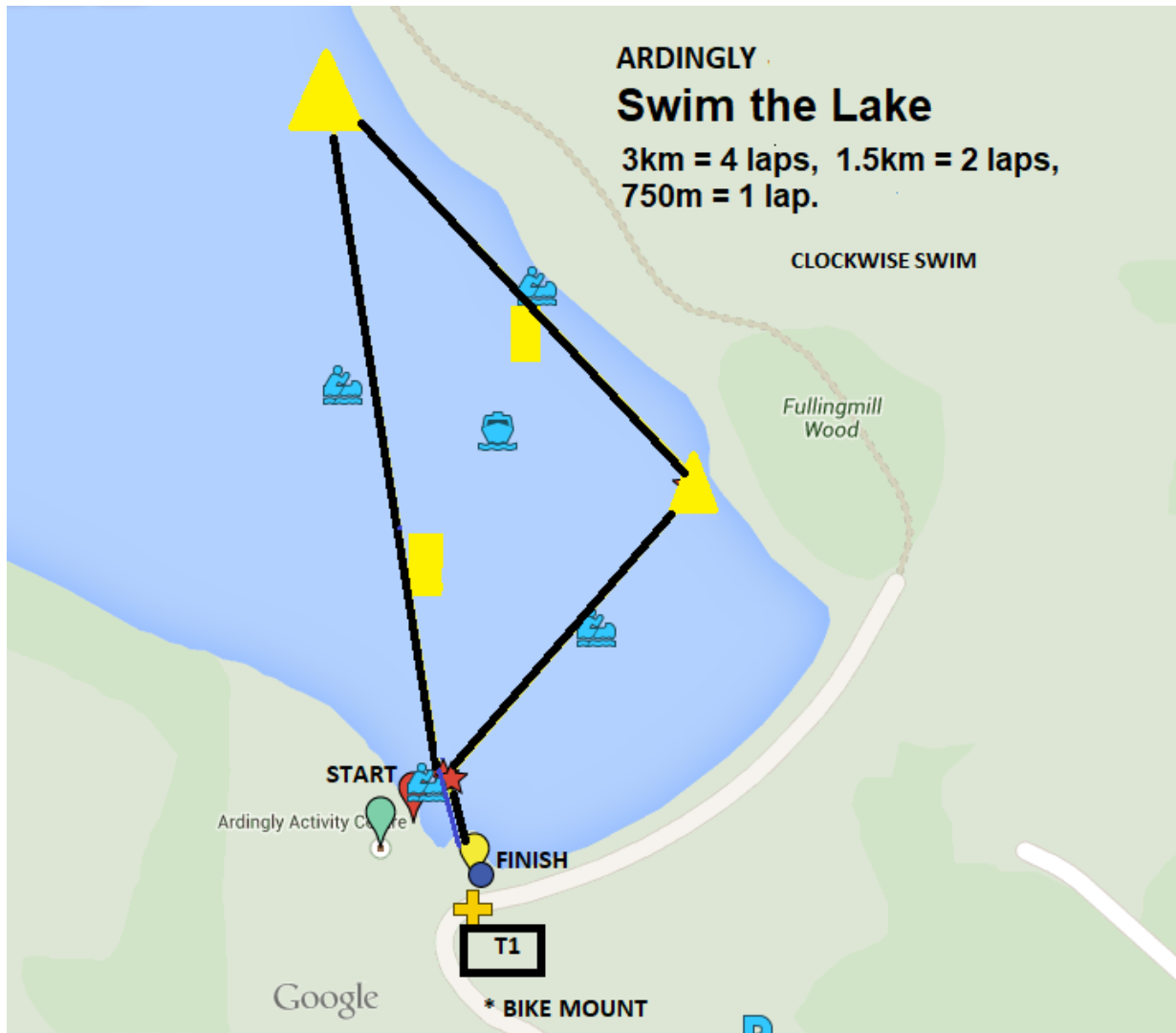
- * Supplied by WANT/East Sussex Medical and will be positioned next to transition.

Officials

- Race Director – Paul Hedger
- Welfare Officer - Jacqui Smith
- Swim Starter - Paul Hedger
- Timing – Andy (Timelord)
- Triathlon England Technical Official – Paul Hedger

Any issues regarding the event please see the official.

Questions? then please email us info@hedgehogtri.uk



APPENDIX

COMPLETE THE HEALTH DECLARATION FORM (list all attendees)

[Click here](#)

SWIM MAP

[Click here](#)

MAP LOCATION

[Click here](#)

ARDINGLY SWIMMING DISCLAIMER

[Click here](#)