

'Swim the Lake' Festivals Ardingly 2024

RACE DAY INFO



Venue: Activity Centre, Ardingly Reservoir.
Weds. 5th June & 17th July 2024 (7pm start)
Race information

EVENT STAGE BY Hedgehogtri Events, supported by Mid-Sussex Tri Club

PRIOR TO RACE DAY

- Registration Ticket link will be emailed to you (2-3 days before), download to your device, or print off.
- On the Registration Ticket will be your Registration Time.

VENUE

- Address: Ardingly, Reservoir RH17 6SQ

RACE DAY EVENT TIMETABLE (some end times approximate)

17.30 Registration opens
18.30 Registration closes
18.40 Water acclimatisation

19.00 Race start (order- Aquathlon 3km, 1.5km, 750m)

20.30 approx. Expected finish

20.45 Water is cleared, any still swimming will be asked to leave the water.

ARRIVAL- Parking

- Parking is very limited so please if you can attend with others in same vehicle, parking is only down at the reservoir car park, so please park as tightly as possible.
- If you can arrive using your cycle this would also help.

REGISTRATION ON THE DAY

Registration will be at the Hedgehogtri Van, show 'Registration Ticket, and get swim cap/hand marked.

- Please register at the time stated on the Registration Ticket.
- Opens at 17.30 and will close at 18.30 prior to the start.
- 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

- Video Race Briefing is on the [LINK](#) or go to www.YouTube.com/@hedgehogtri
- A short update will be given to all before starting.

THE RACE -



SWIMMING

- You will be called in race groups to the pontoon – announcements via 'bull horn'

Aquathlon

Swimming 1 Lap of the triangular course, then between the marked buoys (the gate) to finish on the Slipway, then proceed to the transition area on the grass

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3km -

- * The course is **4 LAPS** of the triangular course, then between the marked buoys (the gate) to finish on the Slipway.

1.5km -

- * The course is **2 LAPS** of the triangular course, then between the marked buoys (the gate) to finish on the Slipway.

750m -

- * 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- agreed by British Triathlon -rule exemption).
- * 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.
If you are going to swim the race using BACKSTROKE you MUST gain permission from the Race Director.
- * 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.
- * Medal or donation to charity we will let you know how the voting went, majority wins?



AQUATHLON

- In Transition get ready for the run, keep kit in own area.
- Exit via 'Run Out', down the bank to join the course appearing from the woods.
- Complete a short Lap, then complete 3 further large laps.
- Terrain – tarmac, pathway, track and a small wooded area.
- Follow all signage, be aware of any traffic (all private road- marked footpaths)

TIMING

- All manual timing, so please ensure your number is visible on your hands and in the aquathlon you bib number is on your FRONT.
- 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

- Results to determine the prize winners, draft full results online.
- On the following Friday the results will be declared final.

PRIZES

- 3km - 1st, 2nd, 3rd Male/Female
- 1.5km - 1st, 2nd, 3rd Male/Female
- 750m - 1st Male/ Female
- Aquathlon - 1st Male/ Female

TOILETS/ CHANGING

- TOILETS for COMPETITORS ONLY, NO CHANGING & NO SHOWER FACILITIES.
We thank Ardingly Activity Centre for opening the toilets for COMPETITORS only for this race.

COLLECTION OF EQUIPMENT

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

FIRST AID

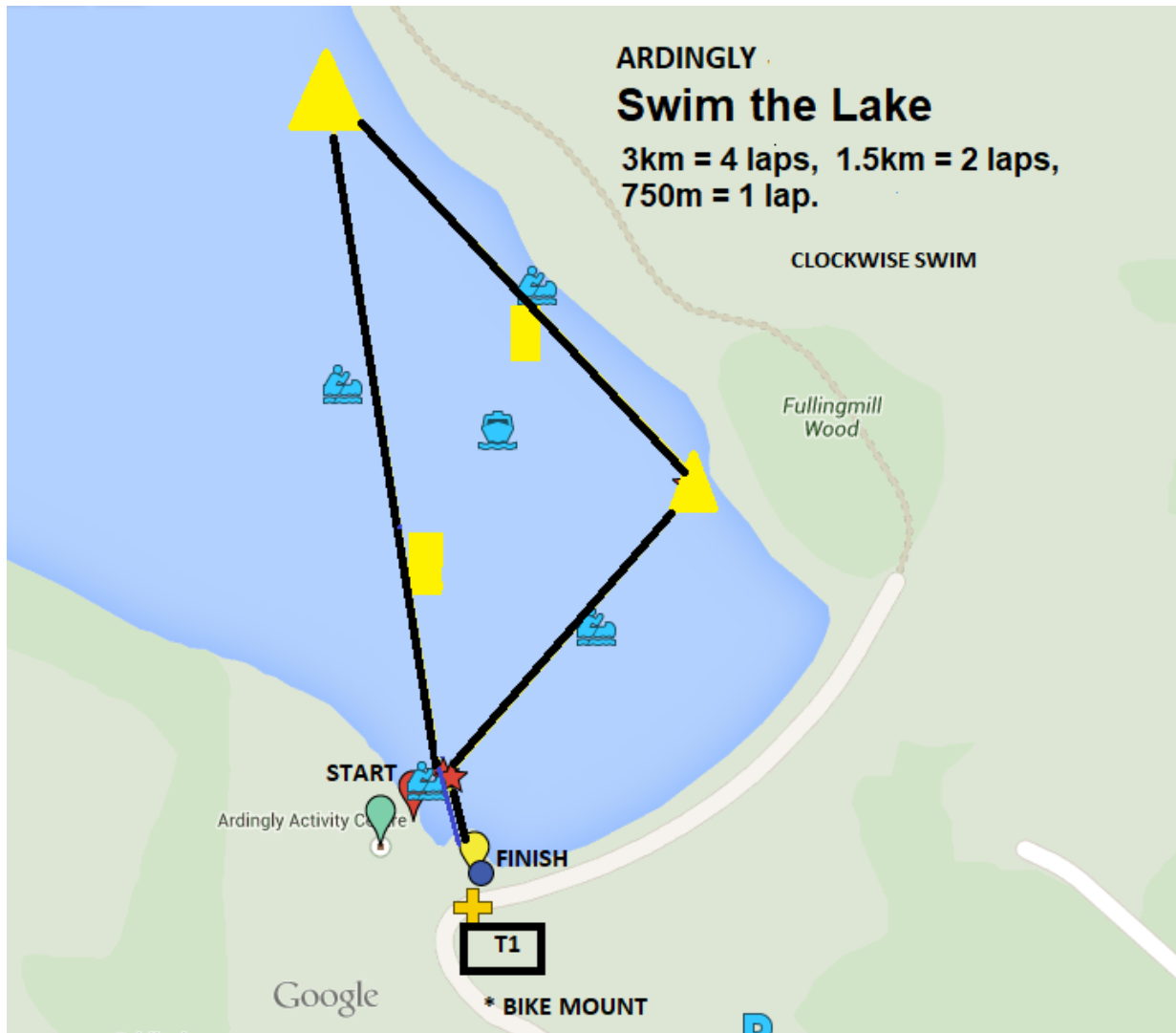
- * Supplied by WANT/East Sussex Medical and will be positioned next to transition.

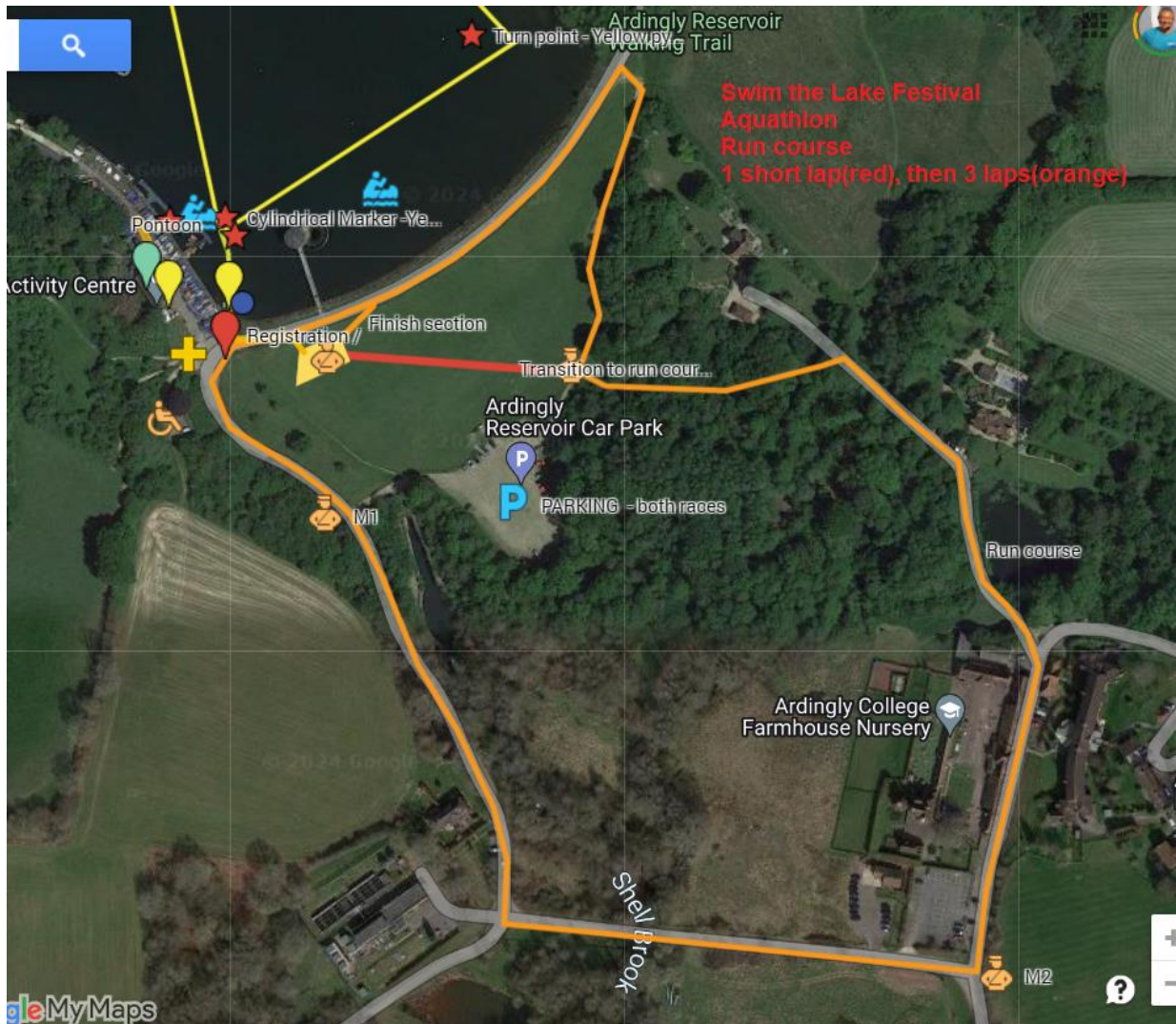
Officials

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

Any issues regarding the event please see the official.

Questions? then please email us info@hedgehogtri.uk





T1 = aquathlon Transition – a full map [click HERE](#) below

APPENDIX

MAP LOCATION

[Click here](#)