



Fritton Lake Big Swim

Sunday 9th September 2018

Event Information for Participants

Location and Directions

Address: Fritton Lake Outdoor Centre, Church Lane, Fritton, Norfolk NR31 9HA

Access to Fritton Lake is from the A143 between Beccles and Great Yarmouth. Follow the drive from the main road to the left and head towards the Outdoor Centre car park. Once parked please make your way through the gate at the side of the barn and head towards the outdoor swim centre.

Event Timings

5km Swim:

- Registration: 7:30am to 8:30am
- Swimmer Briefing: 8:45am
- Swim Start: 9:00am

3km Swim

- Registration: 11:30am to 12:30pm
- Swimmer Briefing: 12:45pm
- Swim Start: 1:00pm

1500m Swim

- Registration: 1:30pm to 2:30pm
- Swimmer Briefing: 2:45pm
- Swim Start: 3:00pm

Event Registration

At registration you will be issued with a swim hat marked with your participant number. This hat must be worn for the duration of the swim, and if you intend to wear two hats, please ensure that the numbered hat provided is **clearly visible and worn on the top**.

Event Briefing

A swimmers briefing will take place for each swim outside the open water swim cabin. All swimmers **MUST** attend the event briefing and any queries about the event must be raised at this time with the Event Director.

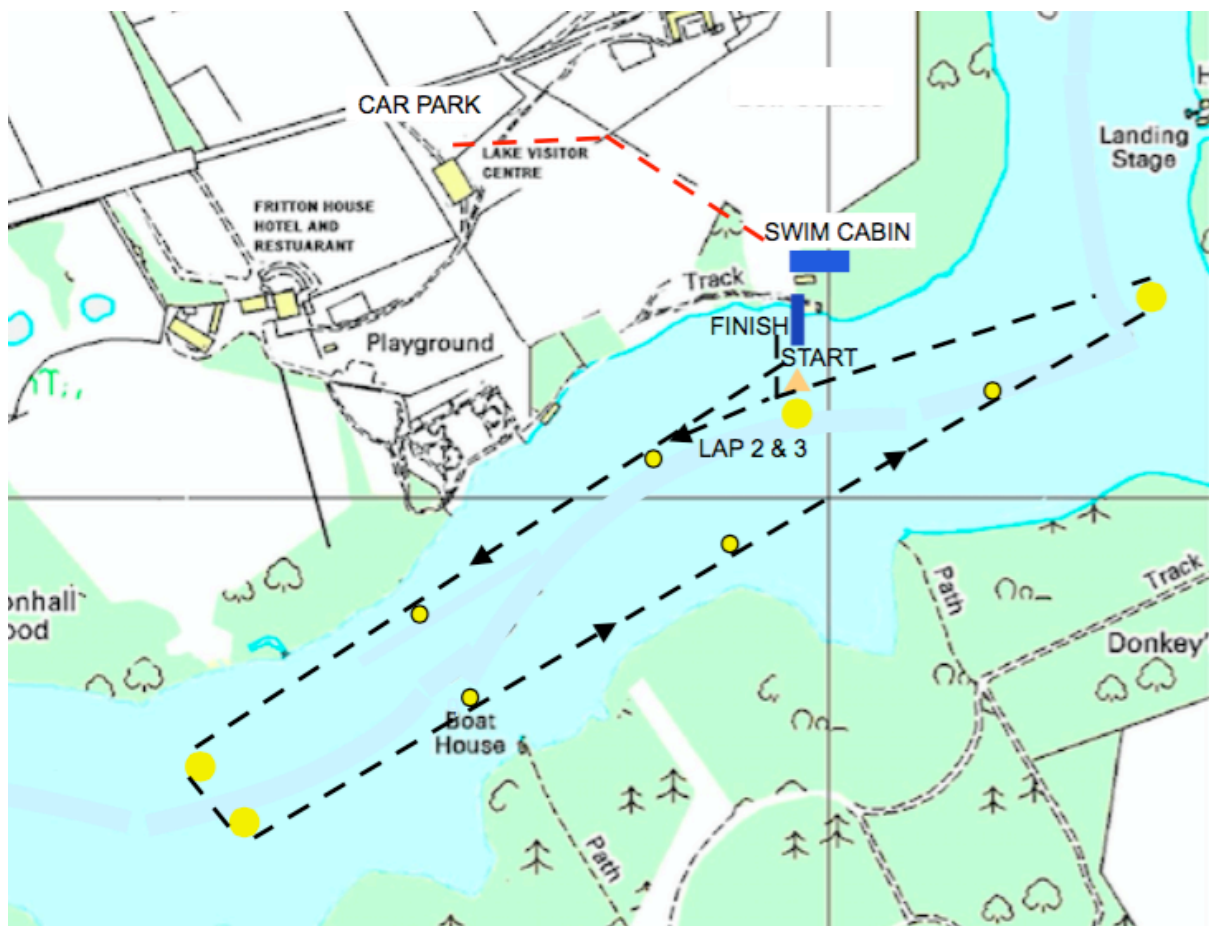
Swim Details

Wetsuits are optional for each swim and down to individual preference. The swim will begin with a deep-water start of all swimmers. The start line will be identified with a pontoon at one end and a large triangular inflatable buoy at the other.

The 5km swim is 3 laps of a 1667m course. The 3km swim is 2 laps of a 1500m course. The 1500m swim is a single lap of the 1500m course. The lap will be shortened after the 5km swim.

Large yellow inflatable buoys will mark the course turns. Inbetween the turns smaller pencil buoys will be used to help you navigate between the turn buoys. At all times while on the course you keep all YELLOW buoys to your left hand side. When finishing the required number of laps then you turn right at the ORANGE triangular buoy and head towards the bank.

The finish line will be just before you exit the water at the beach. After exiting the water then you will be funnelled into a single file line where you will collect your finishers medal.



Event Safety

There will be a safety boat and in-water kayak and paddler support in attendance along the swim course observing swimmers at all times. If they see anyone in difficulty they will make their way towards the individual to identify if any assistance is required.

If you feel unable to continue the swim at any stage during the swim then the rescue procedure will be implemented. Qualified first aiders will be available on the rescue boat and on the bank area.

Results

Results will be available as soon as possible after the last swimmer has finished. These will give participants' time and overall finish position in order for prizes to be awarded.

Full results will be published on the event website <http://www.frittonlakeoc.co.uk/big-swims/> **as soon as possible following the event.**

Prizes

Presentation of prizes will take place at the Swim Centre cabin as soon as possible following the event after the results are completed. Please note that prizes **will not be posted** to age group winners following the event, so please ensure that you stay for the presentations.

Trophies will be awarded to the top 3 men and top 3 women in each swim plus the top male and female swimmers in each of the following age groups:

Junior: Under 20 as of the 31st Dec 2016

Senior: Aged 20 to 39 as of the 31st Dec 2016

Veteran: Aged 40+ as of the 31st Dec 2016

General

If after reading this information document you have any queries prior to the day of the event, please email info@activeoutdoorsport.co.uk

If you have any queries on the day of the event, please speak to a member of the Active Outdoor Sport Team who will be located at Event Registration.

Good luck and happy swimming!