



Fritton Lake 10K Marathon Swim

Sunday August 19th 2018

Start Time: 10:00am

Event Details

Location and Directions

Address:

Fritton Lake Outdoor Centre, Church Lane, Fritton, Great Yarmouth, NR31 9HA

You will need to access Fritton Lake from the A143 by turning into the tree lined drive way where large signs are situated on the main road. Follow the drive way as it bears left past the church. Parking and entry to the event will be sign posted. Once parked please follow the signs to registration.

Event Timings

Registration:	08:30 to 09:30
Event Briefing:	09:45 to 09:50
In water warm up:	09:50 to 10:00
Swim Start:	10:00

There are no cut off times but the event will close at 17:00.

Registration

Registration will be at the Outdoor Centre by the lake side. **All swimmers must attend registration.** At registration you will be given your swim hat with your swimmer number on and a timing chip.

Event Description

This is a new type of 10k marathon swim achievable for all abilities. The swim will consist of completing 1km laps around a marked course in the lake. After each lap you will complete an "Aussie Exit" as a transition from one lap to the next. An Aussie Exit means exiting the water going around a lap marker point on the bank before starting your next lap.

Swimming 1000m and then making an 'Aussie exit' means you decide how to approach the challenge. You can take it easy and enjoy a brief rest from swimming whilst enjoying the spectator support? Or, you can run straight through and plunge into the water for your next lap? Pairs and teams will pass 'the baton' (timing chip) on the short run between laps.

Each swimmer will be issued a timing chip to record their progress during the swim. A split time will be taken each time you exit the water and enter the water, which means you will get a time for each swim lap, a total swim time and a total event time.

NOTE: In order for the chip timing to accurately record your progress you must take **more than** 10secs through the Aussie Exit from one lap to the next

Teams, you decide your swimming order, all we ask is that you complete the 10km by event closure.

Swim Section

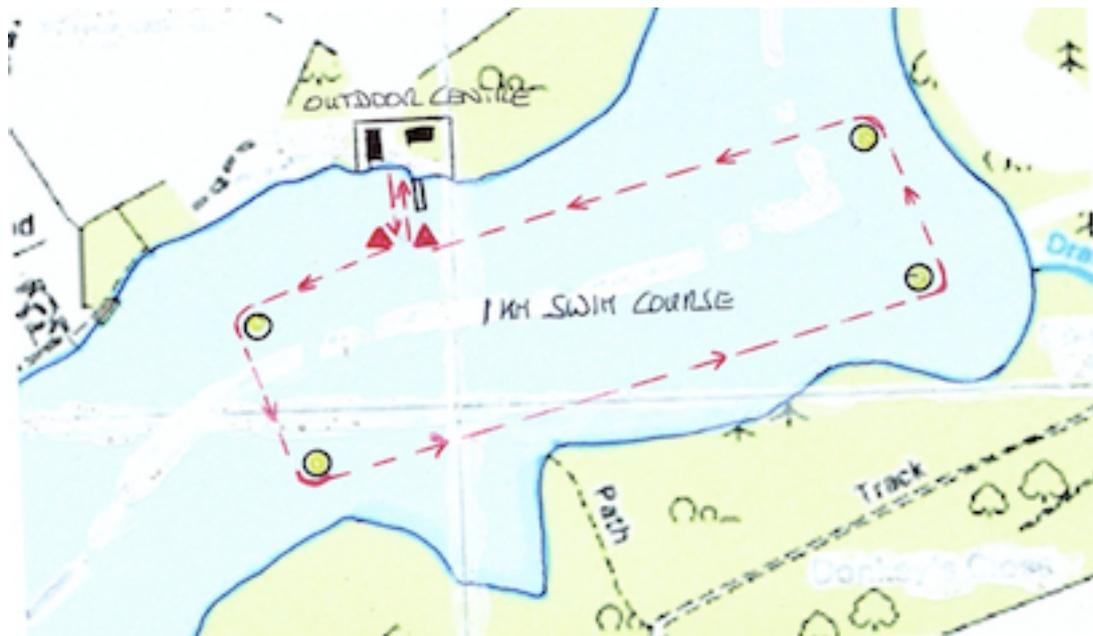
Wet suits are optional **You must wear the swim hat provided at registration for the swim**. If you intend to wear two hats, please ensure that the numbered hat provided is **clearly visible and worn on the top**.

The swim will begin with a deep-water start of all swimmers. The entrance point will be from the lake side Outdoor Centre . Once the event briefing has been completed you will be invited to enter the water for a period of acclimatization before the swim starts. You may not enter the water at any other time.

Large yellow or white inflatable buoys will mark the course turns. At all times while on the course you **keep all cylindrical turn buoys to your left hand side**.

When finishing each lap then turn right **after** the orange triangular buoy and head towards the exit at the beach area by the Outdoor centre.

On completion of your last lap then exit the water and collect your medal.



Prize Giving

Although this is a swim challenge as opposed to a race trophies will be issued to the top 3 men top 3 women and top 3 teams based on their overall event time.