

Swim Instructions

The Small Fry & Big Fish Swims



When & Where?

The start is at **8am** for The Big Fish & **8.05am** for The Small Fry on Sunday May 27th. We'd suggest you arrive for around **7.15am** so that you have time to register and then get yourself ready. There will be a short race briefing at 7.50am and you'll have plenty of time to get into the water before the off at 8am.

If you're unfamiliar with the Tri20 Swim Centre - our reception and shop, along with toilets and changing areas are very adjacent to the water and a very short walk from the car park.

The lake is situated at the Reading Lake Hotel [formerly the Copthorne Hotel] off Junction 11 of the M4. For SatNav users the postcode is RG30 3UN, but be very careful you're not sent to the nearby Green Park business park, as there's no access from there.

Exit the M4 at Junction 11 and follow the A33 towards Basingstoke. At the 2nd set of Traffic Lights filter right and then turn right again at the mini roundabout; follow signs for the Copthorne Hotel/Reading Lake Hotel. The Hotel is only 2 miles from Junction 11, and when you enter complex look for the Beach Flags in the far right corner of the Car Park.

Registration

Registration will be a simple matter of collecting your event swim cap and letting us know you've arrived.

What about the swim?

Big Fish swimmers will get in first, and shortly after their start we'll ask the Small Fryers to enter the water. We'll be having a deep water start, so give yourself a little space and find a suitable position amongst the other swimmers.

The Small Fry swim will consist of **2 750metre laps**, and the Big Fish swim will be **5 750m laps with an extra 50m at the start**.

We'll have kayakers in the water; they'll be there for your safety, NOT to guide you around. It's up to you to count your own swim laps.

The swim will be timed – our timing guys will need to see the number on your swim cap as you finish; so please wear it with the number on the RIGHT hand side. At swim registration you will have your swim number written on your hand – please help our timers by shouting you number (if you can!) as you reach the finish.

The water temperature was 19+ degrees yesterday evening, so with some fair weather we should have temperatures in that region on the morning of the 27th. Please check out www.mysportingtimes.com for temperature updates nearer the time.

The swim is NOT wetsuit compulsory.

Do i need to bring anything in particular with me?

Just yourself and your regular swimming kit. We'll give you an event swim cap when you register, and if you need any last minute bits and pieces of kit we have a shop on hand should you need it. If you're swimming at the Tri2O Swim Centre for the first time, we'd ask you to either bring a signed waiver form or you can do so on arrival. You can find these via our website at www.mysportingtimes.com, following links to the swim centre.

Hot & cold food will be available to purchase before or after your swim.

There are no lockers for kit at the swim centre, but it is perfectly safe to leave bags in the lakeside area. Items of value can be labelled at left at the swim reception.

What about the finish?

The 'finish line' of the swim is next to the safety boat at the jetty – you don't have to race to get out of the water! As you finish and climb out of the water you'll receive a finish medal with the name of the event you've completed on the back. In the days following the swim you'll receive an iTAB in the post; this is a small engraved sticky-backed insert that slots into the back of your medal. This will be engraved with your name and finish time, so you have a personalised memento.

We will endeavour to have swim results online for you by Sunday evening.

There will complimentary teas, coffees, water and snacks for swimmers post event in the clubhouse.

We look forward to seeing you all on Sunday 27th.