

# Swim Instructions

## The Small Fry & Big Fish Swims



### When & Where

The start is at **8.00am** for The Big Fish & **8.05am** for The Small Fry on Sunday 26<sup>th</sup> May. 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 Tri2O Swim Centre - our reception and shop, along with toilets and changing areas are adjacent to the water and a 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 right-hand 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. At swim registration you will also have your swim number written on your hand.

### Swim Details

Big Fish swimmers will enter the water first, and shortly after their start we'll ask the Small Fryers to enter the water. Both events will be a deep water start, so make sure you position yourself appropriately for your experience and speed.

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

We'll have kayakers on 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. Please also help our timers by shouting your number (if you can!) as you reach the finish.

The water temperature was 18+ degrees yesterday evening, so with some fair weather we should have temperatures in that region on the morning of the 26th. Please check [www.mysportingtimes.com](http://www.mysportingtimes.com) for temperature updates nearer the time.

The swim is NOT wetsuit compulsory.

### What do I need to bring 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 accessories, we have a shop on site should you need it.

If you're swimming at the Tri2O Swim Centre for the first time, please complete our [online waiver form](#) or you can do this on arrival.

There are no lockers at the Swim Centre, but it is perfectly safe to leave bags in the lakeside area. Items of value can be labelled and left at Reception.

### The finish

The 'finish line' 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 exit the water, you'll receive a medal. In the days following the swim you'll receive an iTAB in the post; this is a small plate engraved with your name and finish time that slots into the back of your medal.

**We will endeavor to have swim results online for you by Monday evening.**

There will complimentary tea, coffee, water and snacks for swimmers post event. Please note we do not have the facility to provide hot food so feel free to bring your own pre- or post-swim favorites.

**We look forward to seeing you all on Sunday!!**