

Swim Instructions – The Friday Night Swims 2018



WHERE TO BE & WHEN

The start is at **9.45pm ISH** for the Full Moon and **9.50pm ISH** for the Half Moon on Friday June 29th. We'd suggest you arrive by 8-8.45pm so that you have time to register and then get yourself ready. **Hot & cold food will be available from 8pm.** There will be a swim briefing at 9.35pm and you'll have time to get into the water before the off at 9.45pm.

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.

REGISTRATION

Obviously this event is a little different to the norm! At registration you'll be given your event swim cap and offered various glow sticks. Each swimmer gets a super strong glowstick which we suggest you attach to your goggle strap. The swim will again be chip timed, so you'll also be issued a timing chip and strap as per your swim number; this should be secured around your wrist during the swim.

THE SWIM

We'll be having a deep water start, so give yourself a little space and find a suitable position amongst the other swimmers.

The Half Moon swim will consist of **1 750metre lap**, and the Full Moon swim will be **2 750m laps**. We'll use our usual anti-clockwise circuit.

We'll have kayakers in the water; they'll be wearing head torches and be well lit. The swim course marker buoys will be lit, and the organising team will be enjoying themselves with some disco lighting at the finish line.

The finish will be level with the jetty, so make sure you finish in the correct place to have your swim time automatically recorded by your chip.

The water temperature is expected to be in the region of 21 degrees. Please contact oli@mysportingtimes.com for any updates.

WHAT ABOUT THE FINISH?

As you finish and climb out of the water you'll receive your Friday Night Swim medal, and 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.

Please help yourselves to post event nibbles; it's an MST event after all, so there will be Jaffa Cakes!

LASTLY.....

We'll post the pre swim briefing on the Friday Night Swim website in the days leading upto the swim, so you'll know more of what to expect on the evening.

The Tri20 Swim Centre will be open, as usual, for swimming on Saturday June 30th from 7.30am until 10am. Just bring along your Friday Night Swim medal and you can swim for free!