

JUBILEE RIVER SWIM INSTRUCTIONS 2019



Welcome to the 8TH Jubilee River Swim. Please take some time to read the following event information to eliminate the chance of any unfortunate surprises on the day!

CAR PARKING & SWIM HQ – Jubilee River Swim HQ will be at the wonderful Royal Windsor Racecourse. Please note if you're using sat-nav to find the venue, you'll need to use SL4 5EZ. When you arrive, our marshals will direct you to our designated event car park.

At Swim HQ you'll find toilets and caterers providing hot & cold drinks and food...in addition to our wonderful registration team and volunteers to help make everything simple for you.



SWIM REGISTRATION – you'll find swim registration adjacent to the event car park. Here you'll collect everything you need for the swim; please note that all event packs are to be collected on the morning, nothing is being posted to you in advance.

At registration you need to collect your event pack from the desk relevant to your swim wave. You'll be issued with your Jubilee River Swim bag, which contains an event swim cap, a timing chip and strap to go around your ankle. It is your responsibility to keep these safe; timing chips will be collected from you immediately after the finish line.

FEED STATION DROP – at registration you'll also have the option to drop off your own favourite nutrition bags which will be taken to the requested feed station on the swim course. There are THREE feed stations along

the course and one at the finish; you will find details of the food and drink we provide as standard below. If you would like your own 'fuel' dropped along the route, please wrap it securely and label it with your name and the feed station number to which you'd like it sent e.g. "Dave Smithson - Feed Station 2" and place it in the appropriate box at Race HQ when you register.

TRANSPORT TO THE START – transport is provided for all swimmers from Swim HQ to the start; also, for spectators with pre-booked tickets. These tickets will be in the race bag you receive when you register. Seating for swimmers will be prioritised ahead of spectators and it is possible that spectators may be asked to wait to travel on a later bus. Well behaved dogs are permitted to travel on the buses, and items such as bikes can be transported if space allows.

The buses will drop you off around a 400m walk from the swim start area; you'll be met by our team and there will be signage guiding you in the right direction. At the bus drop off point there will be a coffee van for anyone wanting a hot drink and there will be more toilets.

JUBILEE RIVER SWIM BAGGAGE – the event bags you collect at registration are the only items we will transport from the swim start to the finish area so PLEASE PACK LIGHT. On the bus we suggest you only take items to the start that you will be travelling in before / after your swim i.e. a change of clothes and footwear. It is also worth including a wallet or purse as food & drink is available to purchase at the finish.

As much as we love accessories such as Dryrobes (other brands are available) we won't transport 600 of them.

The swim bags are labelled with your swim number and should be dropped with our team at the start line. They will be available to collect a short walk from the finish after your swim.



SWIM START TIMES – Final swim start times will be confirmed next week.

We have four swim waves. Your swim wave is determined by your predicted finish time with the progressively later waves being made up of those swimmers with the faster estimated times. Don't get too concerned about the swim group you're in – there's no such thing as being in the wrong group!

WATER & SWIM SAFETY – we think the water temperature for the day is likely to be around 15.5-16.5 degrees, and we'll provide updates on the website nearer the time. We give you the option to swim with or without a wetsuit and make the assumption that you've made an informed decision on this, factoring in water temperature.

Please only enter or leave the water at the designated areas, unless in the instance of an emergency. By exiting the water in the designated areas your split times will be automatically recorded along the route, and we don't want to miss anyone. Please take your time and carefully enter or leave the water; our marshals will be there to assist you so please listen to them as they have your safety in mind.

Each swim group will be supported by an experienced water safety team; they are there to guide you along the river and to look after you – LISTEN TO THEM! As a general rule for the swim, **PLEASE SWIM IN THE RIGHT HAND HALF OF THE RIVER AT ALL TIMES.**

There are three weirs along the river, and you have to exit the water and go around them on foot. **EACH EXIT POINT IS ON THE RIGHT-HAND SIDE.** We don't want any swimmers over-shooting the exit points, so listen out for marshal / water safety team instructions. The swim exit at the end of leg 2 is partially blind.

The swim briefing is compulsory to attend, and we will assume that every swimmer attended. Briefings will take place at the swim start area 10 minutes prior to each wave start.

The use of tow floats, neoprene hats, gloves and booties etc. is permitted. The use of music listening devices is strongly discouraged as you may not hear important instructions. There is a gentle assisting current!

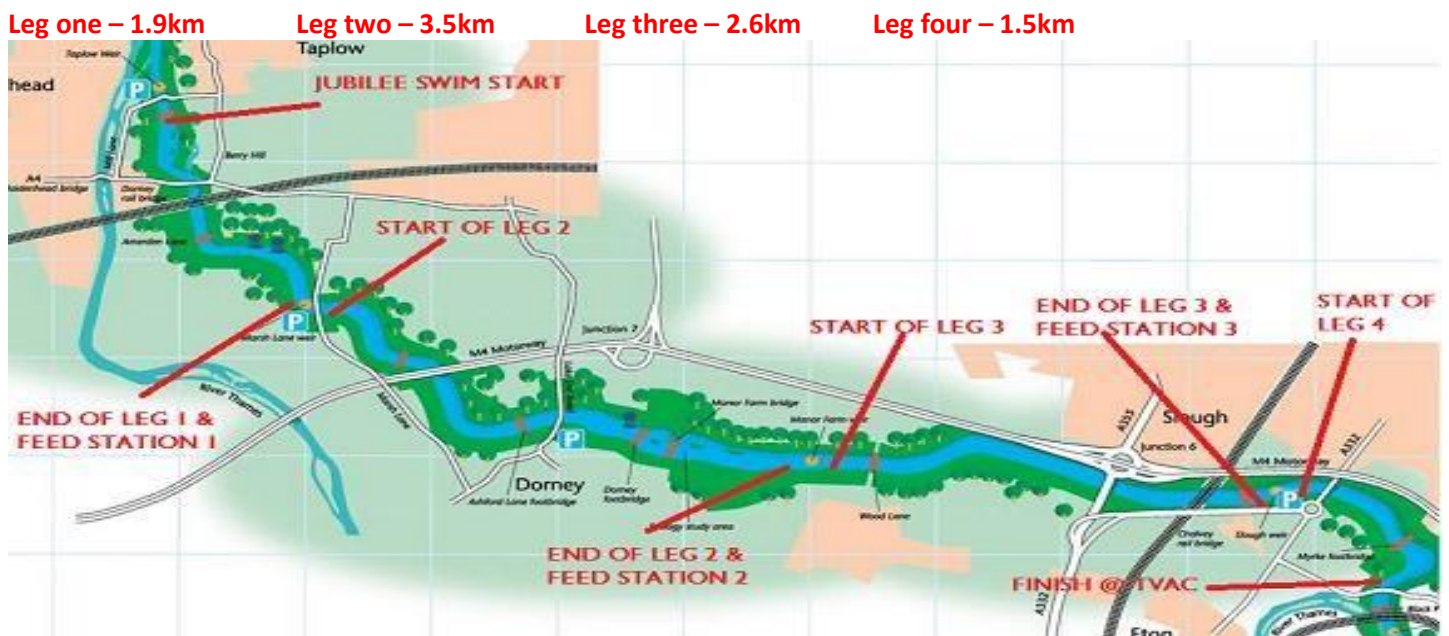
MY SPORTING TIMES SWIM ETIQUETTE – the Jubilee River Swim is not a race, and we can guarantee that the quality of the prizes reflects this! We want you to enjoy your experience but appreciate that some of you will wish to 'race' more than others; we do however ask that you put each other's safety above all else and look after each other. Despite starting in waves of relatively similar abilities, you're bound to spread out as distance passes and faster swimmers starting later will catch up with slower swimmers who started earlier. Please be respectful of others, the Jubilee River is large enough that nobody needs to be swum over!!

FEED STATIONS – there are four feed stations, three along the course and one at the finish. The lovely people managing our feed stations will be offering water, cola, oranges, bananas, flapjacks, Haribo, Jaffa cakes, savoury nibbles and more. Most importantly, hand sanitizer is provided so PLEASE USE IT before troughing into any communal trays of food!

As in previous years, you will be able to have your own favourite nibbles taken to designated feed stations along the route – make sure you label the items and leave in the appropriate box at swim registration.

Between each swim leg there is a short walk on mixed surfaces, gravel, grass, concrete etc.

SWIM LEGS - The swim legs are the following distances: -



SWIM FINISH – at Eton you'll exit the water for the final time and our finish line team will give you your fantastic Jubilee River Swim medal. We'll collect your timing chip and strap, give you some food and direct you towards the baggage collection area a short walk away. You may be a bit wobbly so please take your time!

At the finish area you will be able to pick up your bag. There is plenty of space to get changed as well as toilets and refreshments. Shower facilities are NOT available at the finish area but are available at Swim HQ at Royal Windsor Racecourse.

In the finish area you can also check out your swim splits and finish time on the big screen courtesy of race timers DB Max. All swim prizes [don't get overly excited!] will be posted out in the days after the swim.

Every swimmer will also receive an iTAB, engraved with their name & finish time, which fits neatly into the race medal.

Please note that there will be no spectator car parking at the swim finish area at Thames Valley Athletics Centre. Street parking may be available nearby.

TRANSPORT BACK TO SWIM HQ – shuttle buses to take you back to your cars at Swim HQ at Royal Windsor Racecourse will leave every 15 minutes from approx. 13:00.

APPROXIMATE EVENT DAY TIMINGS –

06:30	Car Park Open
07:00	Swim Registration Open
08:10	Buses for Wave 1 & 2 Swimmers Depart
08:25-08:30	Buses for Wave 1 & 2 Swimmers Arrive @ Start
09:00	Wave 1 Starts
09:00	Event Registration closes
09:10	Buses for Wave 3 & 4 Swimmers Depart
09:25-09:30	Buses for Wave 3 & 4 Swimmers Arrive @ Start
09:30	Wave 2 Starts
10:00	Wave 3 Starts
10:30	Wave 4 Starts
12:30	First Finishers Expected
13:00	Shuttles back to Swim HQ Start
14:30	Final Finishers Expected
14:45	Final Shuttle back to Swim HQ
15:30	Swim HQ Closes