

THE FRIDAY NIGHT SWIM 2019



Welcome to the Original Friday Night Swim!

The race will start is at **9:45pm** for Full Moon & **9:50pm** for Half Moon on Friday 28th June. Registration will be open from 8:45pm and we'd suggest you arrive in plenty of time so that you have time to register and then get yourself ready. There will be a short race briefing at **9:35pm** and you'll have plenty of time to get into the water before the start.

DIRECTIONS

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 careful you are not sent to Green Park Business Park as there is no vehicular access from there.

Exit the M4 at Junction 11 and follow the A33 towards Basingstoke. At the second set of Traffic Lights filter right and then turn right again at the mini roundabout; follow the signs for the Copthorne Hotel/ Reading Lake Hotel. The Hotel is only 2 miles from Junction 11.

REGISTRATION

Swim registration is a simple case of checking-in, collecting your event swim cap and making sure your race number is written on your hat and hand.

You will also be issued with glow-sticks which should be placed around your head so you can be seen by the safety crew whilst you are swimming.

Whilst we are issuing you with an event swim cap, you can wear your own if you wish – especially if you have a 'glow in the dark' one.

THE SWIM

The swim will start with a deep water start, so give yourself enough space and find a suitable position for your perceived experience.

Full Moon swimmers will be swimming 2 anti-clockwise laps and Half Moon swimmers 1 anti-clockwise lap

You'll be swimming a 750m [approx.], anti-clockwise circuit, marked by 4 large buoys which will be lit up [poorly] by glow sticks.

We will have kayakers in the water keeping an eye on you – their job isn't to guide you around the course, but they will make themselves known if you're going hideously wrong!

This swim will be timed – our timing guys will need to see your race number as you finish; so please make sure the number is on the RIGHT-hand side of your swim cap. Please also help our timers by shouting out your number as you arrive at the finish.

The water temperature is expected to be 19-21 degrees. For more up-to-date information please check out the Tri2O Swim Centre website [here](#)

The swim is NOT wetsuit compulsory.

What do I need to bring with me?

Just you 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.

THE FINISH

The 'finish line' is next to 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, cola 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 Friday!!