

# THE HUMDINGER SWIM 2019



Welcome to the 3<sup>rd</sup> Humdinger Swim!

The Swim will start at **3.00pm** and finish at **9.00pm** on Saturday 22<sup>nd</sup> June – we suggest you plan to arrive with plenty of time and swim registration will be open from **2.00pm**.

There will be a short swim briefing at **2:45pm** giving you time to get into the lake ready for the start at **3.00pm**.

Tea, coffee and water will be available all day and we will be ordering fresh pizzas throughout the day – if you wish to order a pizza speak to one of the team and please note this will be at your own cost. You are of course able to bring along your own food and drink as well.

If you have not been to the Tri20 Swim Centre before, there are toilets, showers, changing rooms and a swim shop adjacent to the lake.

## 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 your swim timing chip and strap. The timing chip and strap should be secured around your wrist during the swim.

Whilst we are issuing you with an event swim cap, you can wear your own if you feel that will help you identify your teammates in the water.

Relay teams will be issued one timing chip per team.

## **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.

You'll be swimming a 1KM, anti-clockwise circuit, marked by 5 large buoys. The idea is to swim as many 1KM laps as you can within the 6 hours allowed.

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!

At the end of each lap you will need to swim within 2m of the jetty area and raise your hand where indicated to ensure your lap is recorded. The jetty area marks the beginning and end of the 1KM lap.

Relay team members can interchange as little or as often as they prefer. These changes can however only be made in the water, specifically in the marked area next to the jetty. Spectators and other relay members must keep the jetty clear during the event.

The water temperature is expected to be 18-20 degrees. For more up-to-date information please check out the Tri2O Swim Centre website [here](#).

For your entertainment we will have a number of outdoor party games on the lakeside too!

## **FEED STATION**

We will have a feed station set up for swimmers on dry land, within 10m of the jetty. You will need to leave the water to access the feed station. We will provide snacks such as flapjacks, Jaffa cakes and crisps, along with coke and water.

Solo-swimmers will no doubt plan to bring their own nutritional favourites – these can be left on the jetty and can be accessed without leaving the water. We also have no problems with supporters on dry land handing, or throwing, you food and drink throughout the event.

## **THE FINISH**

**When the clock strikes 9.00pm, that's it!** Only completed laps will be counted, so don't worry about starting a lap at 8:50pm.

As you finish and climb out of the water you'll receive a finisher medal and then time to relax and recuperate.

Our timing company DB Max will have your swim results available and live online.