



Hercules Festival of Sport - Northwood Open Water Swimming Race Day Briefing

Date of event:	Sunday 28 th May
Registration:	Saturday 27 th May from 14:00-17:00 (HIGHLY RECOMMENDED) Sunday 28 th May (Race Day) from 05:30 – 08:00
Briefings:	08:15 – 3 km and 5 km races
Start:	08:30 - 3 km and 5 km races

This is your race briefing to bring you up to date on the event and what to expect on the day.

Summary and start times

There will be one race briefing for all of the Open Water Swimming distances which will take place at the lake side at the bottom of the lake at 08:15. All races will start at 08:30.

Registration

Registration will take place in the event office in the Old Merchant Taylors Club House in the rear car park. There will be signs to lead you to registration. Registration will be from **14:00 – 17:00 on Saturday 27th May** and will also be available on **Sunday 28th May between 05:30 and 08:00**. We strongly urge competitors to register on Saturday, so that you can orientate, ask questions and focus all your attention on race day to your race and not to last minute queuing.

For those of you doing open water swim sessions on the Saturday, you can pick up your race pack after your session.

At registration you will be issued with your race numbers, chip timer, T-Shirt and swim hat. Chip timers are to be worn around your left ankle. If you wear the chip timer in any another position we cannot guarantee that your time will be recorded. Please bring some form of ID with you for registration. You will not be able to collect the race pack of another person without prior consent sent by email to: admin@herculesevents.com

Parking

Parking is free for all competitors and spectators on event day and our allocated parking area is in the top field. On entering Merchant Taylors turn left on to Sandy Lodge Road and parking for the event is on the left in the top field which will be clearly signed from the entrance.

When entering or leaving Merchant Taylors please drive very carefully as there may be competitors on the road.

Changing rooms and toilets

There are excellent male and female changing rooms available at the venue with ample hot showers and toilet facilities. There are no lockers in the changing rooms. Do not leave valuables in the changing rooms. **Competitors who do will do so entirely at their own risk as the event organisers have no control over security in the changing areas.**

Swim Course

At 08:15 you must be changed and ready at the lakeside for the pre-race briefing. You will be given time to get into the water and adjust before the race begins.

Your race starts at 08.30am. This is an Open Water Swim Race in a fresh water lake. You will enter the lake using the grass bank at the bottom of the lake.

3km swimmers will complete two 1500 m loops of the lake.

5km swimmers will complete three 1500 m loops of the lake PLUS a final 500m loop

There will be a mass start. Those who are new to Open Water Swimming are urged to start at the rear or to the sides of the group. The swim course routes can be found here:

1500m swim course

<http://www.mapmyrun.com/routes/fullscreen/728887379/>

400m swim loop, for final leg of 5km swim

<http://www.mapmyrun.com/routes/fullscreen/1048374733/>

When you have completed your swim distance of 3K or 5K, you will leave the lake and be directed to the Transition where you will run over the timing mat to finish your race and take off your chip timer.

Finish

At the finish you will receive your medal; your chip timer will be removed and you will be able to view and print your results with your "splits" from the timing van. This will not be your official result as all times have to be checked by the chip timing provider and the race official before the winners are announced.

Please note that you will be charged £5.00 if you don't return your chip timer to a member of the Hercules Team.

Prize Giving

There will be a prize giving ceremony, which will be held near the Finish Gantry at approximately 10.00am. Listen out for announcements on the day. There will be trophies for 1st, 2nd and 3rd place Men and 1st, 2nd and 3rd place women.

Hot showers will be available in the changing rooms so that you can relax and get refreshed, grab something to eat in the clubhouse restaurant and come out for the presentation and to clap other competitors home.

There will be other races taking place, on the morning of your event. Your support for those competitors would be greatly appreciated. Please also show support for your fellow competitors by remaining for the prize giving ceremony that will follow.

Refreshments

There will be hot food and refreshment upstairs in OMT bar above Registration and also other vendors on site for event day in the sports village.

Photos

New Pixels Events Photography will take your photographs on the day and provide a view and buy website [here](#), where you can view and purchase prints or downloads of your images and you can also buy your images on site on the day.

Conclusion

It is important to us that this is a highly enjoyable and safe event. Give yourself plenty of time to register and to look around the course. If at all possible, register on Saturday the 27th May between 14:00 and 17:00. Be on time for the race briefing and follow the directions of the marshals.

Look out for and take care of, fellow competitors and they will look out for you.

Most importantly, we will be working flat out to ensure you have a great day, so enjoy yourself!

If you have any questions or special requirements, please email us as soon as possible so that we can try to help and support you. Good Luck!

We look forward hosting you and we hope you have a great race.

Contact information:

Website: www.herculesevents.com

Email: admin@herculesevents.com

Telephone – 01923 883 177

Regards,

The Event Team