



Alton Water, Suffolk
**Friday 19 &
Saturday 20 June 2015**

**½ Mile, 1 Mile, 2 Miles & 5K
Outdoor Swims**



EVENT GUIDE

Helping to make Suffolk the most active county in England
No Walls. No Lanes. No Chlorine. Just the Great Outdoors!

GREATSWIM.ORG

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GOOD LUCK MESSAGE FROM GREAT SWIM

It gives us great pleasure to welcome you, one of thousands of swimmers taking the plunge, to this year's Great East Swim. You are about to take part in one of the UK's biggest mass participation open water swimming events.

We are delighted at how far the series has come since its first year in 2009 and that you have chosen to join us here in the picturesque setting of Alton Water. Whatever your reason is for diving in, we hope you have a brilliant day.

Good luck from everyone at Great Swim!

greatswim.org

GOOD LUCK MESSAGE FROM SUFFOLK COUNTY COUNCIL

The council is delighted to be supporting and promoting the Great East Swim and is looking forward to welcoming all swimmers to our beautiful County. An event like this provides a unique opportunity to inspire people to take up more physical activity and lead healthier lifestyles, which will contribute directly to our ambition to make Suffolk the most active county in England. The event also promises to provide a boost to local business and the tourism economy, creating a real and lasting impact for the county.

Councillor Tony Goldson , Cabinet Member for Health at Suffolk County Council

ACKNOWLEDGEMENTS

Suffolk County Council, Suffolk Sport, Anglian Water, Alton Water Sailing Club, Aqua Sphere, The Tri Store, Aqua Pura, Daily Mirror, Eat Natural and JustTextGiving by Vodafone.

KIT BAG CHECKLIST

YOUR KIT BAG SHOULD CONTAIN:

- ☐ Your official Great Swim swimming cap that must be worn on the day; do not decorate.
- ☐ Your timing chip should be worn on your ankle. Extra Velcro straps will be available at the Information Point. DO NOT tamper with your timing chip, pass on or exchange it with other swimmers. This is essential in case of a medical emergency.
- ☐ Wetsuit
- ☐ Goggles
- ☐ Towel
- ☐ Warm, dry clothes to change into after you have swum.
- ☐ Spare swim hat for extra warmth, if required.
- ☐ Baggage label, if required.
- ☐ This event guide for vital information about the day.
- ☐ Your mobile phone, switched on, in case Great Swim need to send you any last minute information.

KEEP IN TOUCH



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[TWITTER.COM/GREAT_SWIM](https://twitter.com/GREAT_SWIM)



[FACEBOOK.COM/GREATSWIM](https://facebook.com/GREATSWIM)



[INSTAGRAM.COM/GREAT_SWIM](https://instagram.com/GREAT_SWIM)

TIMETABLE OF EVENTS

SATURDAY 20 JUNE

Time	Swim Hat Colour	
08:00	Red	2 Mile Swim
09:00	Green	2 Mile Swim
10:00	Pink	1 Mile Swim
10:30	Yellow	1 Mile Swim
11:00	Orange	1 Mile Swim
11:30	White	1 Mile Swim
11:45	Pink	250m Kids Wave
12:30	Red	1/2 Mile Swim
13:00	Green	1 Mile Swim
13:30	Pink	1 Mile Swim
14:00	Yellow	1 Mile Swim (Challenger Wave)
14:30	Orange	5K Swim

* All times may be subject to change.





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COME DIVE IN

SATURDAY 18 JULY 2015, ROYAL VICTORIA DOCK, LONDON
1/2 MILE, & 1 MILE



THE START

CHANGING AREA

You will be able to make use of a heated changing marquee on the event site. There will be separate male and female changing areas.

BAGGAGE DROP

There will be a baggage drop area for participants in the Swim Village. Please ensure you bring your baggage label on the day of your swim.

CHECK-IN

You DO NOT need to go to the Information Point to check-in. You should be ready to swim, wearing your timing chip and Great Swim swimming cap. Before accessing the start area your timing chip will be tested by Great Swim officials during the check-in process. Your chip is assigned to you to record your time as well as inform the swim tracking team exactly when you enter and exit the water. It is strictly prohibited to pass on or swap your timing chip with anyone else.



START AREA

When you pass through check-in you will be in the start area. The start will open immediately after the preceding wave has been set off. No spectators will be allowed in this area. Before the start of each wave swimmers will be given a safety briefing. This will include important information about the course and what to do if you get into difficulties.

ACCLIMATISATION ZONE

There will be a marked area, supervised by lifeguards, where swimmers can acclimatise to the water temperature prior to the start of each wave. All swimmers will be called out of the water 10 minutes before their wave gets underway.

WARM UP

Prior to the start of each wave swimmers will have the opportunity to take part in a short warm up session on the start line.

START PROCEDURE

The start is on dry land; when the hooter sounds you will pass under the gantry and cross over the start line. You can run or walk into the water. Your timing chip does not activate until you go under the start gantry; please don't panic if you are not at the front of your wave. If you intend to walk into the water please stand at the rear of your coloured wave.



THE FINISH

WETSUITS

Wetsuits are compulsory for the Great East Swim. A wetsuit will give you extra buoyancy and warmth. To find out more about hiring or buying a wetsuit and accessories visit the Great Swim shop at greatswim.org.

Please ensure your wetsuit fits properly, as ill-fitting wetsuits will not be allowed for safety reasons. No person will be allowed in the water without wearing a wetsuit.

IN THE EVENT OF AN INCIDENT

If you need assistance while in the water do not panic. Tread water and raise one arm in the air. We have plenty of safety craft on the water that will reach you as quickly as possible.

CHECK-OUT

Your swim time will stop when you exit the water and walk over the timing mat. Proceed to the check-out point where you will officially be checked-out and your chip will be collected.

FINISHER'S PACK

Once you have passed through check-out you will be able to claim your Finisher's Pack. Please take the t-shirt size that you requested on your online entry form.

OFFICIAL PHOTOGRAPHERS

Our official photographers will be at the event to capture all of the action. Visit greatswim.org in the days following the event to find your photo.

RESULTS

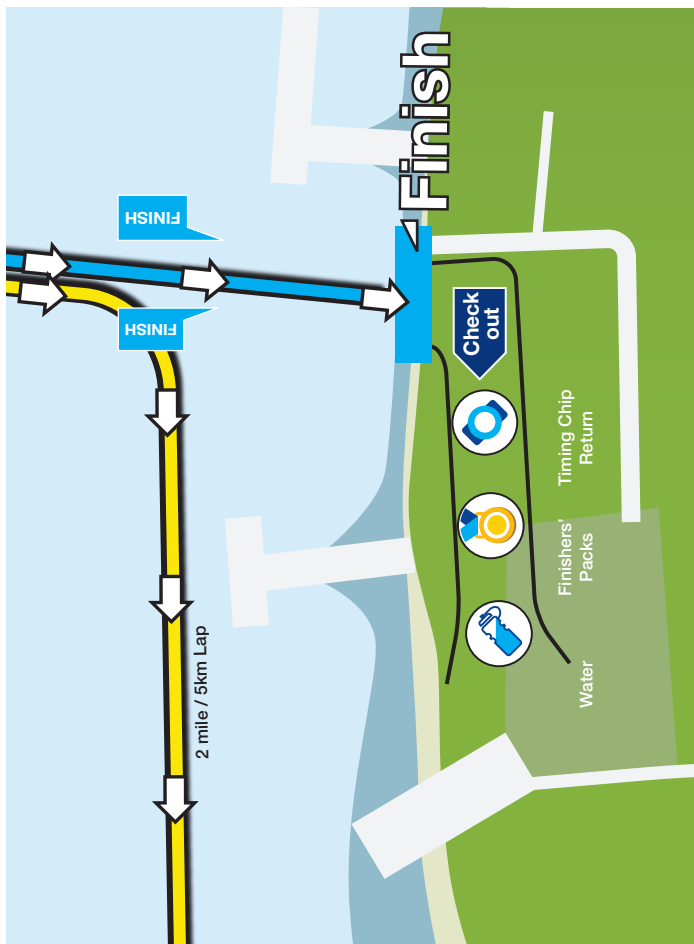
Your swim time will be available to view at greatswim.org following the event.



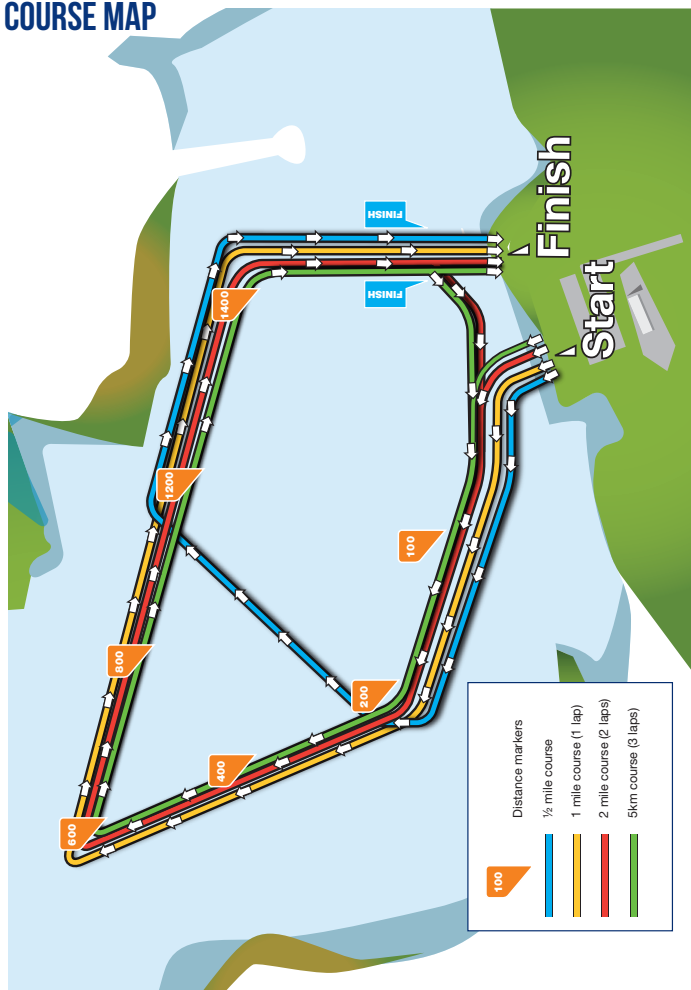
START MAP



FINISH MAP



COURSE MAP



WEEKEND ACTIVITIES

ON THE DAY

The Great East Swim is a fun day out for the whole family, with entertainment for swimmers and spectators of all ages.

Visitors will be able to visit stalls from various charities and exhibitors including:

- Suffolk Sport
- Great Swim Merchandise
- Macmillan Cancer Support
- Suffolk Norse
- Royal Lifesaving Society UK
- Aqua Sphere
- Trisport
- Army Recruitment

There will also be music and performances from:

- Soprano Laura Wright
- Nationally acclaimed Games Maker Choir
- Quattro Amici
- Children's Theatre Company
- Jay Austin
- Just Jay Dance

SUFFOLK MARKET EVENTS

You will also be able to enjoy a wide selection of stalls at the popular farmer's market:

- Essex Bakery
- Benson Blakes Street Food
- Food! By Lizzi - vegetarian
- The Duck Truck
- Xpresso - coffee
- Kiddie's Cakes
- Handmade by Hadleys ice cream
- Colne Valley Tea Company
- Samphire
- Honeybee Natural Beauty Products
- Nuthouse Shortbread
- The Flying Chef
- Free Frog – Stokes sauces
- Thistledown Cottage Coffee
- Suffolk Wildlife Trust
- Glorious Fodder - gluten free
- Crush Foods
- Shillingfords

For more information visit www.suffolkmarketevents.co.uk.





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COME DIVE IN

SATURDAY 29 AUGUST, LOCH LOMOND, SCOTLAND
1/2 MILE, 1 MILE, 2 MILES & 5K



THE RACING CLUB



TRAVEL & ACCOMMODATION

The Great East Swim is staged at Alton Water Sailing Centre near Ipswich, Suffolk, IP9 2RY.

HOW TO GET THERE

BY CAR:

The Great East Swim can be reached by following the postcode IP9 2RY.

There will be plenty of car parking available at Alton Water so there is no need to park along the roads. Due to narrow stretches of road around the event venue please can we ask that you drive carefully through the lanes and the village of Stutton.

If you intend to drive to the Great East Swim have you considered car sharing?

BY TRAIN:

London Liverpool Street station is approximately a 60-minute train ride away, with direct trains running every half an hour to Manningtree (the nearest station to Alton Water). From here you can get a taxi to take you to the event site.

If arriving at Ipswich main line station you will need to get a connecting train to Manningtree. Trains run every 30 minutes between Ipswich and Manningtree. From here you can get a taxi to take you to Alton Water.

BY BIKE:

There are cycle routes to Alton Water. A bike park will be available. We recommend that you bring a suitable bike lock and that you do not leave any valuables with your bike.

ACCOMMODATION:

For all the information you need to ensure you have a Great Swim and a great stay in Suffolk, go to **visitsuffolk.com** and **allaboutipswich.com**.

For local information in Ipswich contact the Ipswich Tourist Information Centre on 01473. 258070.



SPLASH 'N' DASH COMPETITOR INFORMATION

FRIDAY 19 JUNE

Time

1600	Transition/Changing & Baggage areas open
1630	Check In (Swim Start) opens
1650	Warm Up & Safety Briefing
1700	Event Start
1815	Award Presentation

* All times may be subject to change.

WHAT TO DO

- Competitors are advised to arrive by 1600. On arrival head to the Transition Area to drop off running kit at your allocated position, as directed by the event staff. NOTE: This area is only open to competitors and event staff. Competitors are required to show their swim number to gain entry. **It is recommended that you bring a plastic storage box of sufficient size to hold your wetsuit, swim cap and goggles.**
- Once you have dropped off kit in the Transition Area go back to the main event site and get changed into your swimming kit in the Changing Marquee (NOTE: wetsuits are compulsory). Baggage may be left in the Baggage Marquee.
- Report to Check In at 1630. You should be wearing your timing chip and swim cap so that you are ready to swim.
- Once checked in you will have the option to acclimatise to the water temperature in the marked Acclimatisation Area until 1650. Competitors will then be assembled in the Start Area for a short warm up and safety briefing.
- The start is on dry land. When the hooter sounds you will pass under the start gantry and over a timing mat. Your time does not start until you pass over this mat.





TIMING

Your overall time starts once you cross over the timing mat under the start gantry and finishes once you cross over the timing under the finish gantry. There is an additional timing mat at the swim exit so you will be given an accurate swim split but please note that your run split will include your transition time – you will need to undertake your own timing if you wish to get a separate run time split.

ADDITIONAL INFORMATION FOR TEAM ENTRIES

- Only the swimmer needs to Check In.
- The runner should wait for the swimmer in the designated area within the Transition Area (please follow instructions from the event staff). Your swim number should be pinned and clearly displayed to the front – this will give you access to the area.
- The swimmer should “tag” the runner by removing their timing chip and handing it to the runner.
- The runner will not be allowed to leave the Transition Area and start their run until they have securely fastened the timing chip around their ankle.

RESPECT THE CHALLENGE & SAFETY INFORMATION

Open water swimming is different from swimming at your local indoor pool. The cold water puts additional stress on your body so it is important to check that you are fit to train and compete in this event.

YOUR TRAINING

You must be able to swim more than the distance of the event you have entered, non-stop in a pool by the day of the swim. Go to greatswim.org/blog for training information.



OUTDOOR SWIM TRAINING SAFETY TIPS

- Swim in a brightly-coloured hat – so other water users can see you.
- If you can, swim in a group of swimmers and let people know your plans.
- Don't swim across ferry routes or busy sailing/boating/jet-ski areas or around ferry jetties – boats are often not expecting swimmers in the water and may not see you.

Follow the Swim Safe code at greatswim.org.

ILLNESS AND TRAINING

If you suffer from illness during your training period do not train again until you have fully recovered. If you are unwell in the days before the event, even if you are raising money for charity, DO NOT swim. Most medical emergencies occur in people who have been unwell but do not wish to miss the event.

KEEP DRINKING

Swimming is no different to other exercise – as you increase your activity level, your body temperature increases and you lose body fluid leading to dehydration and impaired performance. This can be exacerbated when wearing a wetsuit, particularly on hot days. Ensure you drink plenty before and after your swim. Do not drink any alcohol the night before and on the day of the event as it can cause dehydration.

TEMPERATURES ON THE DAY

Some of the main risks associated with open water swimming are related to the effects of prolonged immersion in cold water. If the body's core temperature gets too cold, the individual may suffer from Hypothermia, which can be a very serious condition.

For extra warmth, wear an additional swim hat under your official Great Swim hat, preferably neoprene. Also invest in some neoprene socks and gloves for colder water temperatures. These are available to purchase at greatswim.org/shop.

On a hot day, do not put your wetsuit on fully until just before you go through Check-in to avoid dehydration (if you have a full length wetsuit do not pull it up over the top of your body).

FANCY DRESS

We reserve the right (on safety grounds) to refuse swimmers access to the water, if they are wearing fancy dress that would compromise the safety of either themselves or others.



SWIMMING AIDS

Swimming goggles are recommended. Other aids such as diving masks, snorkels, MP3 players and flippers are NOT allowed.

WATER QUALITY

All of our venues are tested for water quality however swimming in open water does carry a risk of infection. Here are some simple steps you can take to reduce the risk:

- Cover any cuts and abrasions, however minor.
- Try not to swallow water while swimming.
- Wash hands in fresh water before eating after you have swum.
- Take a full shower at the earliest opportunity; if you feel unwell for a period of up to three weeks after your swim, visit your GP and advise them that you have been swimming in open water.
- More information available online at greatswim.org.

IMPORTANT INFORMATION

EVENT CANCELLATION/POSTPONEMENT

WHY WOULD THE EVENT BE AFFECTED?

All participants should be aware that the Great East Swim can be postponed, delayed or cancelled due to a variety of factors at a moment's notice. Such conditions will be beyond our direct control – from poor visibility to poor water quality or choppy water – and affect the swimming conditions and the ability of the safety boats to operate.

The organisers reserve the right to reduce the course distance, change the course or the location in order to stage the event. Any change will be communicated to the participants on, or a few days prior to, the event day. Any decision or advice given by the event organisers is final.

WHAT HAPPENS TO THE WAVES AND THE TIMETABLE IN THE EVENT OF A DELAY?

Once approval is given by the Water Safety team to start the event we will follow the original wave order to the new agreed timetable. Swimmers will not be allowed to alter their wave without permission from the Customer Services team, and only a limited amount of changes to waves will be accommodated.

HOW WILL I KNOW IF THERE IS A CHANGE?

Great Swim will email all participants with final instructions four days prior to the event. Please ensure you read and check your email, it will contain important up-to-date advice regarding your swim. Please also check the website **greatswim.org** for all last minute advice and information. Important information can also be found on our social media channels, see page 3.

HOW WILL GREAT SWIM NOTIFY ME?

In the event of a delay or postponement we will attempt to text you with any changes to the event on the mobile number provided. Please ensure your phone is on, and is readily available during your journey to the event. If you change your number (from the number given when you entered) please contact **info@greatswim.org**.

CAN I GET A REFUND?

Only if conditions prevent the Great East Swim from being staged safely on Saturday 20 June 2015 will we reimburse your entry fee. Refunds will not be entertained in any other eventuality. For full terms and conditions regarding the Great East Swim please visit:

GREATSWIM.ORG