



SATURDAY 22 JUNE 2019

EVENT GUIDE



GREAT
EAST
SWIM
SUPPORT

It's finally here, event day has arrived and we want to help you with any on the day questions so you can focus on enjoying your swim and soaking up the atmosphere.

Any info you might need before the big day including travel advice, accommodation recommendations or location information can be found at **greatswim.org/east**

For real time updates and to follow all the action on event day join the conversation on social. Don't forget to use **#GreatEastSwim**



@great_swim



@greatswim



@great_swim



EVENT TIMETABLE

07:00 Main event site, Information Point, Charity/Trade Village, Changing and baggage marquees open

08:00 Start of the Red Wave – 5km

08:05 Start of the Green Wave – 10km

10:00 Start of the Pink Wave – 2 mile

10:30 Start of the Great East SwimRun Yellow

11:00 Start of the Orange Wave – 1 mile

11:30 Start of the White Wave – 1 mile

12:00 Start of the Red Wave – 1 mile

12:30 Start of the Green Wave – 1 mile

12:50 Great East Swim 250 (Pink)

12:55 Great School's Swim 250 (White)

13:30 Start of the Orange Wave – Half mile



SWIM CAP & TIMING CHIP

Swim Cap

Your swim cap corresponds to the coloured wave you are in.

All items are strictly non-transferable to other Great Swim events or swimmers.

If you have any queries please get in touch sooner rather than later at **info@greatswim.org**

Timing Chip

This is your unique timing chip assigned to give you your time as well as let the swim tracker team know exactly when you enter and exit the water. Only you must wear it on the day.





YOUR WETSUIT

A wetsuit will give you extra buoyancy and warmth, but please make sure it fits properly as ill-fitting wetsuits are not allowed for safety reasons.

Wetsuit use is optional at all Great Swim events in water temperatures of 15°C or above.

Swimmers choosing not to wear a wetsuit **MUST** use an approved high visibility tow float. This only applies to swimmers aged over 16 years old.

Swimmers aged under 16 will be required to wear a wetsuit.





AT THE START

Baggage

Baggage drop is located in the Swim Village. Don't forget to bring your baggage label with you, already completed with your details. You will be able to make use of a heated changing marquee on the event site, with separate male and female changing areas.

Start Area

There is no need to check in with our information team when you arrive on site, you will be checked in and have your timing chip tested when you enter the start area.

The start area will open immediately after the wave in front has been set off. No spectators will be allowed in this area.

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.

Before the start of each wave there will be a warm up and a safety briefing. This will include important information about the course and what to do if you get into difficulty.

When you hear the hooter go, please be patient. Your timing chip does not activate until you go under the start gantry so you will receive a completely accurate finish time. You can run or walk into the water, but please keep to the rear of your coloured wave if you want to walk.



Recycling

We are constantly reviewing our sustainability and recycling practices and have made a concerted effort to reduce the amount of waste from plastic and other materials across the entire event. We work with local partners to remove waste from site. This is not limited to plastic and includes, cardboard, wooden pallets, medals and signage.

We ask that you please use the recycling bins on site to discard of any waste accordingly. We reuse generic signage and keep using it for as long as we can, our outdated signage is fully recycled.



DRINKING WATER

As part of our drive to improve the sustainability at the event there will be no bottled water given out at the start or finish. There will be a bottle refill point on the main event site that will be signposted. We highly recommend bringing your own reusable bottles, or purchasing a Great Swim bottle from the merchandise stand.

There will be compostable vegware cups available for free from the merchandise stand.

Please arrive hydrated, having had enough water before getting to the start. If you feel like you'll want a drink just before you swim, we suggest you bring your own supply. If you opt to bring your own standard, single use plastic water bottle, please make sure you throw it in the clearly marked recycling bins that will be available in the event village.

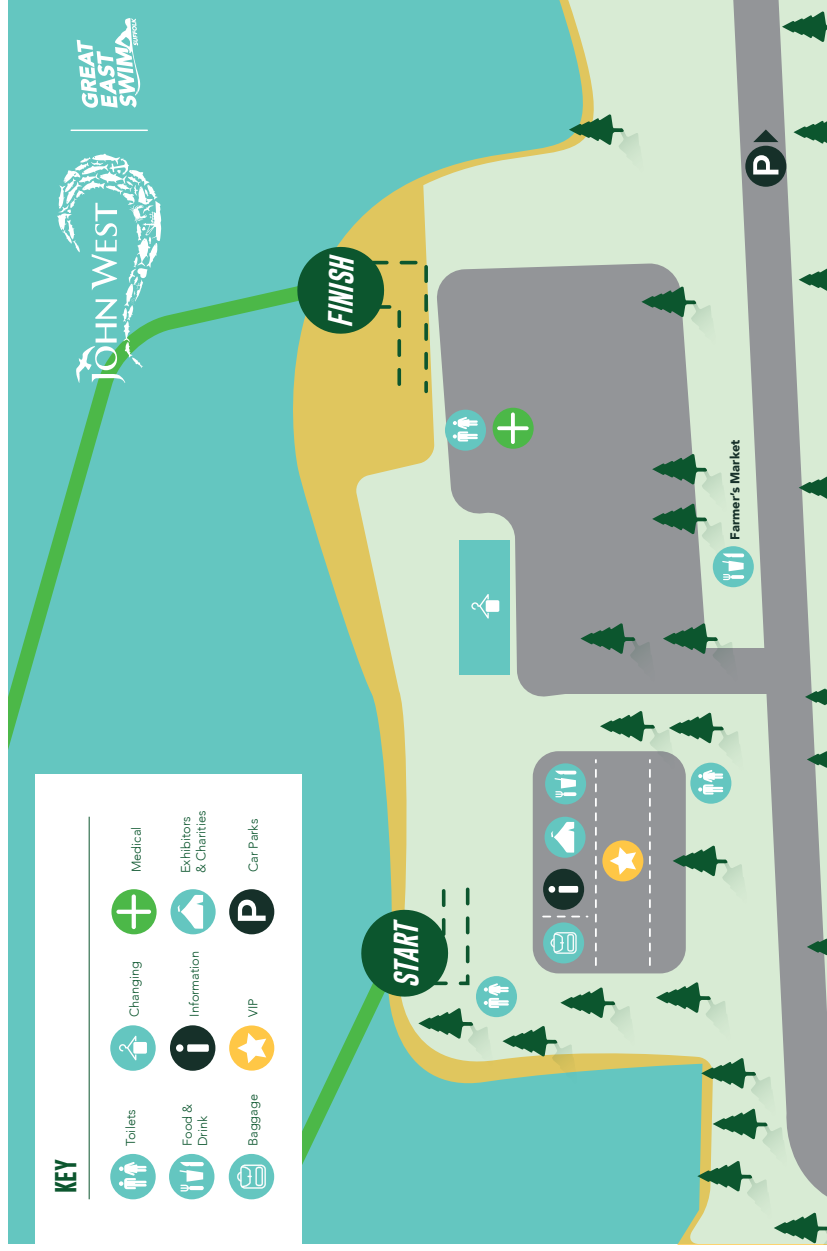
For those taking part in the 10k swim there will be bottled water available for you at the feed station pontoon, which will be recycled after the event. Medics will also have access to bottled water.

Please help us to look after our lovely swim environment by disposing of your waste in the appropriate recycling and general waste bins.

COURSE MAP



SITE MAP



Farmers Market Stalls

Flying Chef, Hadley's Ice Cream, Colne Valley Tea Co., Bandido Empanadas, Mend's Indian Banquet, Crepe de Paris, Suffolk Coffee Pod, Samu Kitchen, Dovecot Bakery, Alex's Artisan Bakery, Beachbox Café, Your Kitchen My Place, DHJ Events, Good To Go



IN THE WATER & AT THE FINISH

In the water

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 and someone will reach you as quickly as possible. We hope you don't need them, but there is a full medical team consisting of doctors, paramedics and first aiders at the event.

Results

Your swim time will be loaded on to the Great Swim website soon after you finish.

You can check here:

greatswim.org/results

At the finish

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

Finishers' packs will be sorted by t-shirt size and will include your medal and other treats. Please take the pack that matches the t-shirt size you chose when you entered the event.

The swim village is open to everyone and features a range of activities and exhibitors for everyone to enjoy. Be sure to pop in to check out the stands.

Official Great Swim photographers will be there to capture some of your proudest moments. Visit **greatswim.org/photos** and follow links to your own Great Swim photo album.



HAVE A HAPPY & HEALTHY SWIM



Swimming in cold water can put additional stress on your body so it is important to check that you are fit to train and compete in the event

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.

If you are unwell in the days before the event, even if you are raising money for charity, please don't swim. Most medical emergencies occur in people who have been unwell but don't want to miss out on the event.

Swimming is no different to other exercise – as you increase your activity level, your body temperature increases and you lose body fluid leaving to dehydration and impaired performance. This can be exacerbated when wearing a wetsuit, particularly on hot days.



Ensure you drink little and often before your swim and rehydrate well afterwards. Do not drink any alcohol the night before and on the day of the event as it can cause dehydration.



Some of the main risks associated with open water swimming are related to the effects of cold water. If your core temperature drops too low, you could suffer from hypothermia, which can be very serious.



If the water temperature is cold, wear an additional swim hat under your official Great Swim hat, preferably neoprene. It could also be worth investing in some neoprene socks and gloves for colder water temperatures.



On a hot day, do not put your wetsuit on fully until just before you go through check-in to avoid dehydration.

Fancy Dress

Sorry but we can't accommodate fancy dress that would compromise the safety of either the swimmer 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 your swim
- **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 you have been swimming in open water**

**GOOD LUCK AND ENJOY YOUR DAY, FROM
THE GREAT SWIM TEAM AND
ALL OUR PARTNERS.**

