



Swim England
Open Water

SWIM ENGLAND NATIONAL OPEN WATER FESTIVAL 2018

National Age Group Championships

Monday 30 July | Rother Valley Country Park

Confirmation Pack



Swim England National Open Water Festival 2018 – National Age Group Confirmation Pack

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CONTACTS

Swim England

Swim England Events

Swim England Events Department
Pavilion 3
3 Oakwood Drive
Loughborough
LE11 3QF

Venue

Rother Valley Country Park
Mansfield Road,
Wales Bar
Sheffield
S26 5PQ

Tel: 01509 640 241

Email: nationalevents@swimming.org

Tel: 0114 247 1452

KEY DATES

Final Regional qualifying Open Water event	Sunday 22 July 2018
National Age Group Championships	From 10am, Monday 30 July 2018

SWIM ENGLAND PRIVACY POLICY AND PHOTOGRAPHY CONSENT

All individuals attending Swim England events are asked to complete:

[PRIVACY POLICY AND PHOTOGRAPHY CONSENT FORM](#)

Please make sure this is filled in prior to the event.

To view further details about how Swim England manages your data, download [Swim England's Privacy Policy](#).

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VENUE

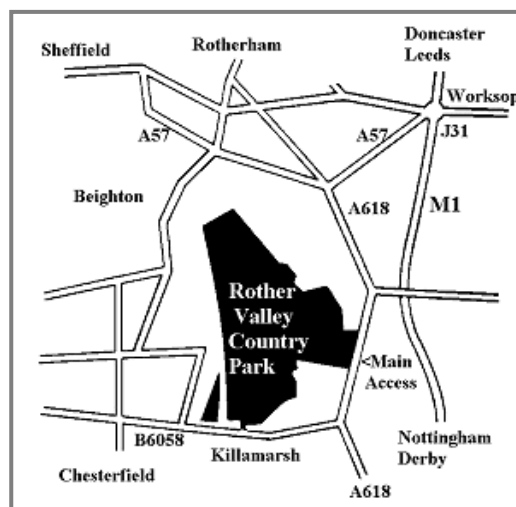
Travel

We advise you to not use the above postcode in your Sat Nav to find the venue, as it takes you to an industrial estate nearby.

From Junction 31 of M1, take A57 towards Sheffield. At the roundabout take A618 towards Mansfield, Wales Bar and Clowne. At the traffic lights go straight on and the park entrance is at the bottom of the hill on the right.

Parking

Parking is available onsite charged at £5.00* per car or motorcycle per day at the gatehouse. Once past the gatehouse please follow the signage to the Water Sports and Activity Centre and the spectator and competitor car park.



*Car parking cost may be subject to change by the park.

The Park

The 750 acre park hosts a number of walking and cycling routes which link into the Transpennine Trail and Sustrans Route 6. Bicycles are available to hire from the Water Sports and Activity Centre. Photographic ID will be required to hire a bicycle.

There are 5 lakes within the park, with the competition being held in the Main Lake which is 1 mile long. The Nature Reserve offers fantastic bird watching with over 260 different varieties of birds recorded over the past two years.

Local Caravan and Camping Sites

Camping facilities will not be available at the park, however there are some local sites:

Site	Location	Distance
Horseshoe Fishing Pond & Caravan Park	Wales Bar	1.6 miles
Poolsbrook Country Park Caravan Club Site	Staveley	7.1 miles
Thrybergh Country Park	Rotherham	11.6 miles

COMPETITION INFORMATION

Entries

All submitted entries for the Swim England Open Water National Age Group Championships 2018 can be viewed online [HERE](#).

All entries should be checked to ensure they are correct. If there are any entry errors, please contact the Events Officer as soon as possible.

Schedule

****PLEASE NOTE****

All National Age Group Championships timings are subject to change as final entries from last Regional Qualifiers may be received up until 12 noon, Wednesday 25 July. As soon as entries have closed, new and updated schedule for National Age Group Championships will be circulated to all.

Swim England National Age Group Championships – 2k					
	Reg. time	Briefing	Warm up	Start	Cap colour
Wave 1 : TBC	08:00 – 08:30	09:00	09:30	10:00	TBC
TBC onwards	TBC	TBC	TBC	TBC	TBC

Swim England National Age Group Championships – 3k					
	Reg. time	Briefing	Warm up	Start	Cap colour
Wave 1 : TBC	11:00 – 11:45	12:00	12:30	13:00	TBC
TBC onwards	TBC	TBC	TBC	TBC	TBC

Swim England National Age Group Championships – 5k					
	Reg. time	Briefing	Warm up	Start	Cap colour
Wave 1 : TBC	13:30 - 14:15	14:30	15:00	15:30	TBC
TBC onwards	TBC	TBC	TBC	TBC	TBC

Registration

Upon arrival, please ensure you report to the registration desk between the times listed above for your specific race.

Here you will check in for your race and collect your race pack which will include: Your specific race coloured swimming cap, race numbers and timing chips. You will also be asked to sign a Medical Declaration Form (see page 6) – without this you will not be able to participate in the competition.

It is competitors' responsibility to ensure that all timing chips and wristbands are securely fastened.

Briefing

Briefing will take place in the Lakeside room, located on the other side of the Water Sports and Activity Centre. It is essential that every competitor and their coaches are present at the Briefing as important information will be provided about the race and safety procedures will

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be explained. All competitors will be marked in and out of briefings to ensure everyone has received the information.

Competitors and their coaches must attend the briefing specific to their wave, at the time detailed above. Any swimmer who has not attended the briefing will not be able to swim.

Changing

Group changing facilities, toilets and 50p lockers for personal belongings are available at the Water Sports and Activity Centre. Boxes for footwear will be provided before entry on to the pontoon.

Warm up

Warm up will be available to competitors in the warm up pod at the time specified above.

Swimwear

If wetsuits are to be worn, swimming costumes should be worn underneath. Please ensure you read the below Water temperature and Wetsuit information for the competition as this had changed since the 2016 competition.

In Open Water, swimwear for both men and women shall not cover the neck, extend past the shoulder, nor extend below the ankle.

OWS 6.9 No swimmer shall be permitted to use or wear any device which may be an aid to their speed, endurance or buoyancy. Goggles, a maximum of two (2) caps, nose clip and earplugs may be used.

OWS 6.10 Swimmers shall be allowed to use grease or other such substances providing these are not, in the opinion of the Referee, excessive.

Swimwear should be of a textile material, as pool rules apply. Our guidance is: *The material used for swimsuits can be only "textile fabric" defined as material consisting of natural and/or synthetic, individual and non-consolidated yarns used to constitute a fabric by weaving, knitting, and/or braiding.*

Water temperature and Wetsuits

In accordance to FINA Technical Rules of Open Water Swimming:

- Water temperature 20 degrees or above: Swimming costumes must be worn and comply with the FINA requirements (FINA rule BL 8.4).
- Water temperature 18-19.9 degrees: Competitors may choose to wear a wetsuit or a swimming costume. Both must comply with FINA requirements (FINA rule BL 8.5).
- Water temperature 16-17.9 degrees: Competitors must wear a FINA approved wetsuit (FINA rule BL 8.5)

Results

Live results will be available via the [Swim England National Open Water Festival webpage](#). Visit the webpage of the event for features and event information.

Medical

The course will be marshalled by safety boats and first aiders to assist anyone experiencing any issues. An ambulance and first aiders will also be in attendance.

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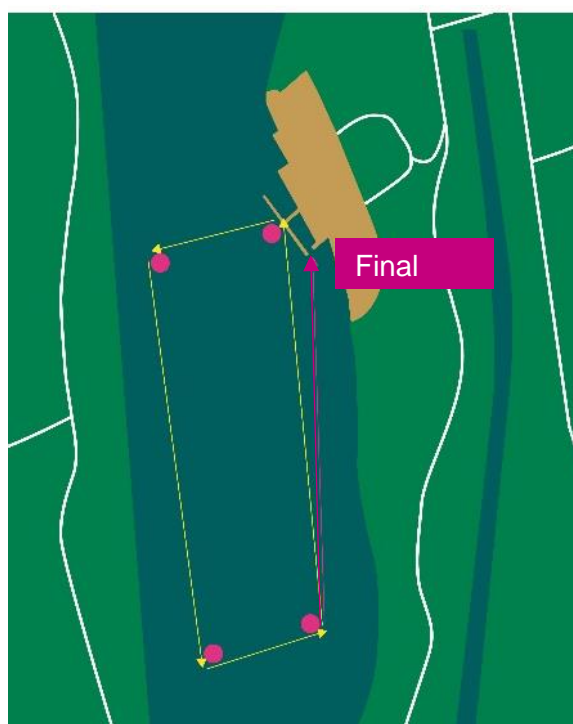
Race course

Access to the swim start will be down a ramp and on to the start pontoon. Prior to accessing the pontoon, for safety reasons, it is your responsibility to ensure that the race numbers provided to you in your race pack are clearly displayed on your hat, shoulders (depending on wetsuit), arms (depending on wetsuit) and back of your hands throughout the race. You will also be checked by the chip timing company.

The event will start with a dive start from the pontoon. Competitors may start in the water if they inform the Referee at the briefing.

The course will be marked with large buoys and will be swum in an anti-clockwise direction. The four turn buoys are large and coloured fluorescent pink, swimmers should always keep these large buoys on the left.

- 2K** Two laps of the 1000 metre course
- 3K** Three laps of the 1000 metre course
- 5K** Five laps of the 1000 metre course



Waves

Races will be conducted in the waves detailed in the event schedule above. Each age group will swim in its own wave. Girls and boys will swim in separate waves.

Race Finish

- On turning the third turn buoy of the final lap, competitors will swim directly towards the finish.
- The finish will be marked by two yellow buoys defining the entrance to a funnel leading up to the finish line. The finish funnel is part of the course and must be entered between the two buoys.
- The finish is "swim through" and competitors **MUST** reach up and touch the finish banner. This is essential to determine place and to ensure your timing chip is read.

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Further details regarding the race procedure will be given at the competitors' briefing.

Timing and Results

The race will be electronically timed by Race Timing Solutions.

It is important that you wear the two wrist chips you have been provided with and that you reach up and touch the finish banner to ensure your timing and place is registered.

Unofficial results will be available to view online and onsite. Confirmed results will be posted on the [Swim England National Open Water Festival pages](#).

Presentations

Medal presentations will take place as soon as possible after results for each race have been confirmed and after everyone in the wave featuring that age group has finished. Competitors who have achieved medal positions should report to the presentation podium as soon as possible dressed in full club tracksuit.

Safety Information

- Safety boats will be on the water and course officials patrolling the edge of the lake. If a competitor gets into difficulties, they should lie on their back in the water with their arm in the air. A rescue boat, equipped with blankets, will come and collect the swimmer. Water marshals, kayaks and land marshals with throw ropes will all be on hand should a swimmer experience any difficulties.
- Competitors are never far from the lake bank and the turn sections of the course are indicated by large fluorescent buoys.
- Please use sun block whatever the weather; always apply after numbering or an hour before numbering to allow time for it to soak in.
- Wear mirrored goggles to prevent glare and wear goggles underneath the swim cap. This will avoid goggles being knocked off the head at the start and around the turn buoys.
- Stay relaxed at the start of the race and don't panic. Cold water can make competitors breathe rapidly. If this happens, try to stay calm and concentrate on breathing deeply until the body adjusts to the water temperature.
- After leaving the water drink flat coke. Coke kills 'most' bacteria and 'bugs' swallowed during open water competition.

ACCREDITATION

Accreditation for both coaches and athletes will not be in force at this year's event.

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GENERAL INFORMATION

All updates and additional information will be uploaded to the [Swim England National Open Water Festival pages](#).

Festival Village

The Festival Village will be located on The Green at Rother Valley Country Park, with something for all the family and friends.

Event registration will be located inside the main event marquee where competitors will be able to register and collect their race packs. This is also the main information point for the event and where you will be able to purchase exclusive event specific merchandise – the ideal memento for all from the event!

The Village will also house numerous exhibitor stands and for those with young children, there will be manned bouncy castles, alongside an activities tent for all their colouring needs, the perfect way to occupy them!

There will be a food concession van selling a range of hot and cold food and beverages and an ice cream van.

Merchandise

A limited stock of event merchandise will be available to purchase at the event.

To avoid disappointment, [PRE-ORDER EVENT MERCHANDISE ONLINE NOW](#) and then simply collect the purchased items on the day of the event. Order your now and don't miss out!

TYR Swim England National Open Water Festival Hoodie - £39.00. TYR product and individually event branded.



TYR Swim England National Open Water Festival t-shirt - £18.00. TYR product and individually event branded



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Swim England water bottle - £6.00.

Swim England cotton shopper bag - £3.00.

Both uniquely Swim England branded.



We also have a selection of bundles available to pre order OR to buy at the event. The details of these bundles and the items included can be found below:

- **Wetsuit Bundle:** Hoodie, Bag, Pin Badge and Pen - **£42**
- **Buoy Bundle:** T-shirt, Bag, Pin Badge and Pen - **£25**
- **Boat Bundle:** Bag, Bottle, Pin Badge and Pen - **£10**

Event Information Desk

The Event Information desk can be found in the main event marquee located on the Festival Village green. If you have any questions or queries, please contact the event team.

Accommodation

Make a weekend of the Swim England National Open Water Festival and take advantage of the special reduced local hotel rates! IHG are offering all competitors and spectators a reduced rate on selected local hotels, please see below for details. Just click on the hotel names for more details;

HOTEL*	DISTANCE FROM VENUE
Holiday Inn Rotherham Sheffield - Sat £90/Sun £65 B&B per night To book call 0800 40 50 60, and quote "SE2" or book online: once dates are selected click book now and website will open up a new page where a section will be visible to add the group code "SE2"	9 miles
Holiday Inn Express Sheffield – Sat £95/Sun £59 B&B per night To book call 0114 252 6511, quote "Swim England Rother Valley Championships"	10 miles
Holiday Inn Doncaster A1M Jct36 - Sat £95/Sun £75 B&B per night. To book call 01302 314 100 and quote "Swim England"	16 miles
Holiday Inn Barnsley - from £65 B&B per night To book call 01226 299 571 and quote "Swim England"	21 miles

A limited number of rooms are available at each hotel. Please note Swim England is not responsible for the condition and facilities during your stay. The above hotels are a recommendations based on proximity to the venue.

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Food and Drink

The Stables Café will be open between 08:00 and 17:00 daily.

A variety of hot and cold food and drinks will also be available to purchase from the catering van located at the Festival Village. Breakfast options will be available, including sausage and bacon rolls, porridge and a range of healthy snacks.

Spectator entry

Spectator entry is free of charge, so feel free to bring as many supporters with you as you like!

Parking

Parking is charged by the Country Park at £5 per car.

CONDITIONS

The Swim England National Open Water Festival National Age Group Championships Conditions can be found on the [National Age Group webpages](#).