

Welcome to the Nutrition Station Open Water swim hosted by Nepean Aquatic Centre Swim Club on Saturday 22nd October 2016 at the Sydney International Regatta Centre, Castlereagh Rd, Penrith.

Venue Access

Please proceed along old Castlereagh Road and enter the Regatta Centre via Gate A (General Entry) where you will find a marshal who will direct you to the parking area on the right hand side of the entrance. **Due to the setup of the Nepean Triathlon, there will be no access to park on the island. Please allow 10min to walk approx. 800m to the race registration area in front of the grandstand.**

Race Registration

Race registration will open at 7.30am at the sponsor's marquees in front of the grandstand. There will be 5 registration tables: Male 2.5km, Female 2.5km, Male 5km, Female 5km and Late Entries.

Upon getting your name marked off you will receive a slip with your race number, a coloured Vorgee swim cap (which must be worn. Two caps may be worn provided the Vorgee cap is on the outside). You will also receive your timing bands which must be secured to each wrist. Electrical tape will be available for swimmers who wish to tape over their timing chips.

Take your race number slip to a Nepean Aquatic Centre Swim Club volunteer who will apply your race numbers to both upper arms and both shoulders. Please be advised that there will be a lot of competitors and the numbering process does take time so don't leave it until the last minute.

Warm up

Warm up will be available between 7.30am and 8.30am in the main competition lake only.

Pre-race briefing

The race referee will hold a pre-race briefing at 8.35am for all 2.5km competitors in front of the grandstand. All swimmers must be in attendance for this briefing as the referee will cover safety, race rules, course layout and the finish procedure. The pre-race briefing for all 5km competitors will be at 9.15am.

Race start

The race will commence on the opposite side of the lake from the grandstand. Swimmers will be required to enter the water via a chute to have their numbers recorded. Once in the water swimmers will swim approximately 150m to the start line. Please allow 2-3min to make your way to the start line. Once at the start line, please listen to directions from the starter and the race referee.

Start times

In order to minimise traffic on the course we have made some slight amendments to the start times which were originally published. The start times will be as follows:

Male 2.5km	(red caps)	9.00am
Female 2.5km	(green caps)	9.10am
Male 5km	(blue caps)	9.40am
Female 5km	(pink caps)	9.50am

Race finish

The finish line for both distances will be under the arch in front of the finish tower. Swimmers will be required to reach up and touch the finish arch with either hand. The race referee will give final directions at the pre-race briefing. Please exit the water in the same place you entered so that race officials can mark your number off. Upon exiting, Nepean Aquatic Centre Swim Club volunteers will be there to collect your timing wrist bands. Failure to return a timing band will incur a fee of \$150 levied by Multisport Australia.

Bottles of water courtesy of Atmosphere Health and Fitness Club will also be available to each swimmer at the swim exit.

Presentation

Presentation will be conducted in front of the grandstand as soon as possible after the conclusion of each event. Cash prizes for the top 3 male and female finishers in each distance will be presented along with medals for age category winners in both distances. The highest point scoring club will be also be honoured with a trophy and cheque for \$1000 courtesy of Dukes Estate Agents.

Results

Results will be available on-line through the Multisport Australia website www.multisportaustralia.com.au at the conclusion of the event. There will also be a link to download and print your finisher's certificate. The results will also be uploaded to NSW Swimming by 29th October, 2016.

Free Nutrition Station recovery shake

Each swimmer will receive a voucher for a FREE recovery shake at the Nutrition Station 16-19 Lambridge Place North Penrith. No matter which direction you will be travelling home you will pass through the main roundabout on Castlereagh Rd. The nutrition station is only 1 minute from that roundabout so I encourage you to support our major sponsor and drop in for your free recovery shake. Driving directions will be on your voucher.

We hope you enjoy your morning out at the Regatta Centre and good luck with your swim.

Regards,

The committee,

Nepean Aquatic Centre Swim Club Inc.

