



Welcome to the Nutrition Station Open Water swim hosted by Nepean Aquatic Centre Swim Club on Saturday 28th October 2017 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 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).

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 the numbering process does take time so don't leave it until the last minute.

Electronic Timing

Due to unforeseen circumstances, electronic timing using a transponder on each wrist will not be used at this event as was previously advertised. The event will be timed manually in the same way that the NSW Swimming Open Water Championships is timed. The committee apologises for this late change.

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)	9.05am
Male 5km	(blue caps)	9.40am
Female 5km	(pink caps)	9.55am

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,

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 posted on the notice board next to the finish tower as soon as possible after each event. The results will also be posted on the Nepean Aquatic Centre Swim Club website under the "open water" tab as soon as possible after the event and will be uploaded to the MyLane.

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.

