

**Welcome** to the Nutrition Station Open Water swim hosted by Nepean Aquatic Centre Swim Club on Saturday 26th October 2019 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.**

### Waiver Form

Swimming NSW require all competitors to sign a waiver form. If a swimmer is under 18 years of age, a parent or guardian must sign the form. Signed waiver forms must be handed in when you register. You will not be able to register without a signed waiver form. A copy of the waiver is attached to this email and is available to download from the Swimming NSW web site [here](#). To save time, please print this at home and bring it with you. Spare waiver forms will be available adjacent to registration.

### Race Registration

**\*\* DO NOT APPLY SUNSCREEN BEFORE HAVING YOUR RACE NUMBER APPLIED \*\***

Registration will take place at the marquees in front of the grandstand. Due to the large number of competitors this year, race registration will be split into three time slots.

6.30am – 7.15am	1km
7.15am – 8.00am	2.5km competitors
8.00am – 8.45am	5km competitors
6.30am – 7.00am	Late entries for 1km & 2.5km
6.30am – 8.30am	Late entries for 5km

Upon handing your waiver form in and getting your name marked off you will receive a slip with your race number and 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. Competitors in the 1km wetsuit swim will have their number written on the back of both hands and their swim caps only.

Priority for race numbering will be given based on the start time of your event (e.g. the 2.5km numbering won't commence until all 1km swimmers have all been numbered).

### **Warm up**

Warm up will be available between 7.00am and 9.00am at the western end of the main competition lake only.

### **Pre-race briefing**

The race referee will hold a pre-race briefing for each distance at the following times:

1km	7.15am	2.5km	8.15am	5km	9.15am
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### **Race start**

Competitors in the 1km swim will walk down the footpath alongside the lake to the 1km mark. The path is asphalt but you may like to wear a pair of thongs and hand them off to a family member. Please allow 15minutes for the walk to ensure you are at the start on time. Swimmers will enter the water via the pontoon and have their race numbers recorded by the clerk of the course. The race start is in line with the tower at the 1km mark. Once at the start line, please listen to directions from the starter and the race referee.

Competitors in the 2.5km and 5km swim 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 by the clerk of the course. 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.

### **Course Maps**

Course maps are attached at the bottom of this document and will be available to view at race registration

### **Water temperature**

The race referee will take the water temperature prior to the first event on Saturday morning and that will be communicated to competitors during the pre-race briefing. As a guide, the water temperature just off the pontoon next to the finishing tower was approx. 22°C on Wednesday this week and with a warm two days ahead, it should increase slightly.

### **Water Safety**

Volunteers from the Penrith SES will be on hand for water safety with boat crews on the water. The SES will also provide first aid services. In addition to this there will be kayaks paddling alongside the swimmers. The race referee will include water safety instructions in the pre-race briefing.

## 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:

1km Wetsuit	(white caps)	7.45am
1km Male	(yellow caps)	7.45am
1km Female	(purple caps)	7.50am
2.5km Male	(red caps)	8.30am
2.5km Female	(green caps)	8.35am
5km Male	(blue caps)	9.30am
5km Female	(pink caps)	9.35am

## Race finish

The finish line for all 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 via the carpet just past the finishing tower so that the clerk of the course can mark your number off. Bottles of water courtesy of Nepean Aquatic Centre Swim Club will 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 the 2.5km and 5km distance will be presented along with medals for age category winners in all distances. Medals will only be awarded to the top 3 male and female competitors in the wetsuit category. 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 Swim Central.

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

Regards,

**The committee,**

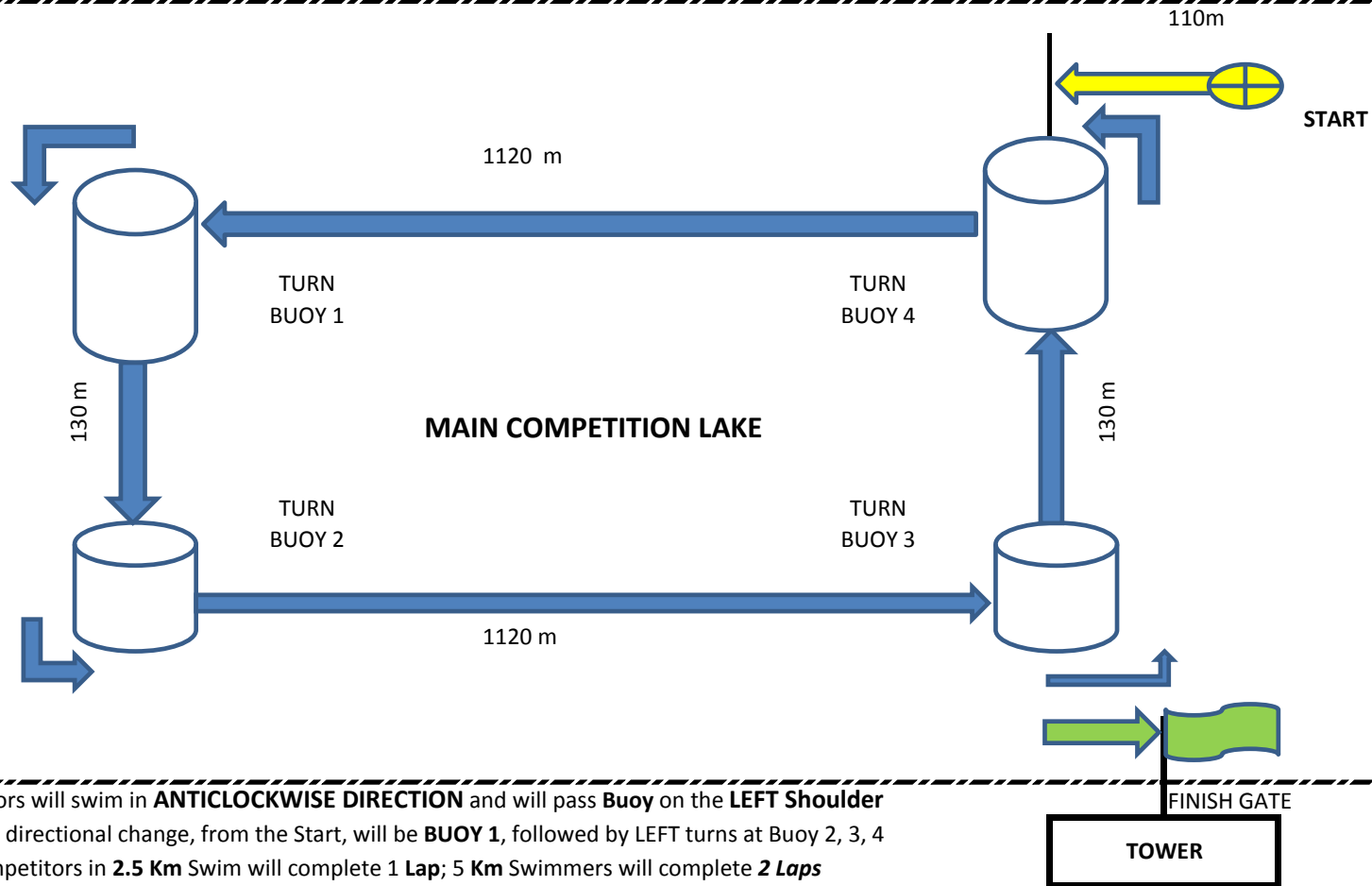
**Nepean Aquatic Centre Swim Club Inc.**



**COURSE MAP**

2.5 Km Open Water swim: 2.5 Kms Course x 1 Lap

5 Km Open Water swim: 2.5 Kms Course x 2 Laps



Competitors will swim in **ANTICLOCKWISE DIRECTION** and will pass Buoy on the **LEFT Shoulder**

**First (left)** directional change, from the Start, will be **BUOY 1**, followed by LEFT turns at Buoy 2, 3, 4

Competitors in **2.5 Km Swim** will complete **1 Lap**; **5 Km Swimmers** will complete **2 Laps**

When **Finishing Competitors** must swim through finish line, as per Referee's Instructions, to have their finish times recorded

**COURSE MAP**  
1 Km Open Water swim:

**MAIN COMPETITION LAKE**



Competitors will walk up down the 1000m mark and enter the water from the pontoon.  
Start line is in line with the tower next to the pontoon. Swimmers will swim straight along the first lane.  
When Finishing Competitors must swim through finish line as per Referee's Instructions to have their  
finish times recorded