



TAKE THE PLUNGE!

Open water swimming events for all abilities.
Challenge your limits and help save lives at sea.

Powered by **Aqua Sphere**

Lifeboats
VO
votwo.co.uk

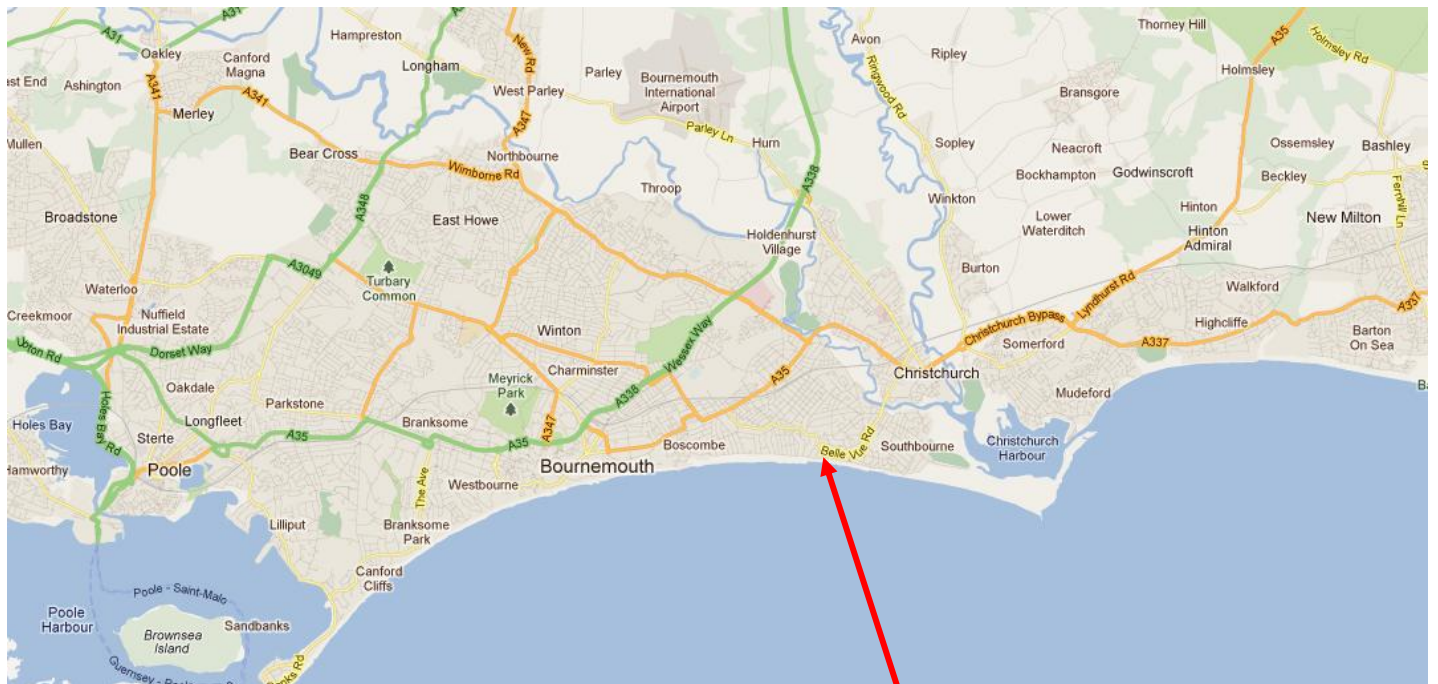
rnliswim.co.uk

RNLI Bournemouth Long Swim. 14th August 2012 Competitor Information. Please read and understand!

Location: Solent Promenade Southbourne Coast Road Bournemouth **BH6 4BE**



Car Park



Venue

Car Parking:

- The car park above the beach on the cliff is a pay and display car park. There is also limited parking on the Southbourne Coast Road.
- The event venue will be visible from the car park, please make your way down the path to race registration

Timings

Sunday 14th August 2012

08:00 Race registration opens

Race briefings 10 mins before the start time. Held on the start line.

09:00 3.8km swim starts

09:05 1 mile swim starts

10:00 750m swim starts

11:00 Cut off time for all swimmers

11:20 Prize presentation

Registration:

Registration will be held in the black Votwo marquees.

Entrant field will be sorted into surname alphabetic order then bib numbers assigned.

All you need to do is find your wave then your name and race number on the notice board at the entrance to marquee then report your race number to the registration staff. They will issue you with:

- Swim hat (to be worn on you head!)
- Timing chip (to be worn on your wrist)
- Mark your hands with race number

The timing equipment being used for the event is the Sport Ident timing sticks and stations (Dibbers and dib points). You will get the chance to test this kit at registration so you understand how it works. It's a simple case of inserting the small stick (USB size) into the hole on the receiving station.

Entries on the day:

There are still a few more places left for the event so entries will be taken on the day. Forms will be supplied price is normal fee plus £2. Cash only.

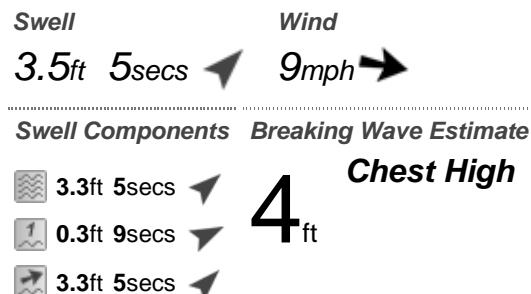
Weather:

The event is weather dependent. At present the forecast is:

Taken from www.magicseaweed.com

Southbourne Detailed Forecast Data

Sun 14th August 2011 : 6am Local Time (GMT +0hrs)



At present the above forecast is acceptable to hold the swim. On Friday 12th August at midday a further weather forecast will be checked and all entrants advised by email and a notice on the votwo events site reference the status of the sea conditions. Advice will be taken from the event lifeguards regarding the conditions and suitability for swimming .

The weather has not presented any problems at past events but in the event that it is unsafe to swim and alternative date and or venue will be arranged.

Start:

It is your responsibility to attend the correct wave start. If you miss your start please inform registration staff. There is no guarantee of a transfer to another wave start.

Race Starts will be announced on the PA system approx 15 minutes before the start time.

Please make your way in to the starting flags in good time.

Mandatory briefing will be held in the swim start pen. On completion of the briefing you will make your way in to the water. You must be ready to race in all respects when you arrive for the briefing. The start will take place approx 5 minutes after the briefing allowing a couple of minutes for swimmers to warm up.

Start will be on the beach with a 10 – 20 meter run in to the water.

Swim warm up. If you require a warm up period in the water please ensure you are not late for the briefing. Life guards will be on duty 15 minutes before the first wave starts. Do not enter the water if the life guard is not present.

Swim Course:

A clock wise rectangle course marked by large inflatable orange marker buoys.

X 3 laps of the oblong course for 3.8km Long Swim

X2 lap of the triangle course for the mile swim

X1 lap of short triangle course for the 750m swim

A map board will be positioned at the swim entry point clearly showing the swim course

Swim safety. Life guards will be on duty. If you require assistance whilst in the water please raise one arm in the air. A life guard will then assist you

Swim course map



Finish:

The Finish line is approx 10 meters out of the water under the finish gantry and finish flags. Ensure you dib your timing chip at the finish post. Event staff will be on hand to help you

Well done! Once you have passed the finish flags it's all over! Please deposit your timing Chip with the finish staff.

Prizes:
Supplied by



For winning the series

'3.8km Series winners 1st male and female will win top of the range Aqua Sphere 'Phantom' wetsuit.'

For winning the at the RNLI Bournemouth Long Swim

'1st male and female of each 3.8km swim will win a Aqua Sphere swim wet suit.'

'1st male and female of the 1 mile swim will win a £30 online voucher for Mailsports swim shop'

Other categories (as below) for the 3.8km and the Mile swim will win Aqua Sphere swim kits

1st,2nd and 3rd male and female at each individual race. (excluding 1st male and female for the 3.8km swim)

1st male and female vet (40 and over)

1st male and female super vet (50 and over)

Age defined by age at the 31st December 2010

Swim shop



Swim specialist Mailsports will be onsite with their event shop selling Aqua Sphere swim equipment.

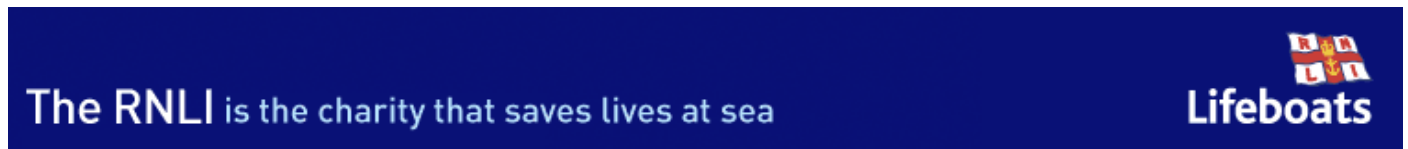
For more information on Mailsports products please visit www.mailsports.co.uk

Event T-shirts and hooded tops will be on sale in the registration marquee.

Toilets, showers and changing rooms:

These are located in the sailing club house. Please leave the showers in a tidy state when finished.

Charity:



Members of the RNLI will be present and on hand to talk about the charity and the great work they do. If you would like to use this swim or any of the others to raise money for the RNLI please take the time to chat to them at the event.

If you have any further questions please don't hesitate to contact me.

Have a good swim

Ben Mason. Votwo events director

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Ever fancied doing a triathlon.....???

