



The Bay Aquathlon

RACE PACK

SWANSEA SUMMER SERIES

2024

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MY SWIM CO

400m  5Km 

6TH JUNE

6TH AUGUST

2ND SEPTEMBER

FOR MORE INFORMATION

@THEBAYAQUATHLON | @TRIANDENTEREVENTS

WWW.TRIANDENTER.COM



IMPORTANT INFO

**PLEASE MAKE SURE TO READ
THROUGH THE RACE PACK CAREFULLY.**

**FIRSTLY WE WOULD LIKE TO TAKE THE OPPORTUNITY
TO THANK YOU FOR PARTICIPATING IN THE BAY
AQUATHLON SERIES!**

**THIS RACE PACK SHOULD PROVIDE YOU WITH ALL OF
THE INFORMATION THAT YOU WILL NEED TO HAVE A
GREAT RACE EXPERIENCE.**

**WE HOPE YOU HAVE A GREAT TIME AND WE LOOK
FORWARD TO SEEING YOU THERE!**

THE BAY AQUATHLON TEAM



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EVENT SCHEDULE

17:00 - 18:30

REGISTRATION OPEN

17:00 - 18:35

TRANSITION OPEN

18:40 - 18:50

RACE BRIEFING

18:50 - 18:55

ACCLIMATISATION

19:00

START TIME

20:00

AWARD CEREMONY

**PLEASE AIM TO ARRIVE AS EARLY AS POSSIBLE TO
AVOID REGISTRATION & TRAFFIC DELAYS**



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PRE EVENT INFO

REGISTRATION

REGISTRATION WILL BE LOCATED ON THE GRASS AREA
NEXT TO THE SECRET BAR & KITCHEN.

WHAT3WORDS: ///SINGER.SNACK.FOOD

START AREA

THE SWIM START WILL BE LOCATED ON THE BEACH OPPOSITE
TO 'THE SECRET BAR & KITCHEN'.

WHAT3WORDS: ///TABLES.REAR.BANKS

TRANSITION & FINISH AREA

TRANSITION WILL BE SITUATED NEXT TO REGISTRATION AND
THE FINISH LINE WILL BE WITHIN THE SAME AREA

WHAT3WORDS: ///VIBRATES.ENDS.YARD



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PRE EVENT INFO

NEAREST CAR PARK

RECREATIONALGROUND CAR PARK IS LOCATED A 5 MINUTE WALK FROM THE RACE START. CHARGES MAY APPLY.

MUMBLES RD, BRYNMILL, SWANSEA SA2 0AU

REGISTRATION

! DON'T FORGET YOUR PHOTO ID

WITHOUT PHOTO ID, YOU'LL BE UNABLE TO REGISTER.
YOU CANNOT REGISTER ON SOMEONE ELSE'S BEHALF.

WHEN REGISTERING YOU WILL RECEIVE:

SWIM CAP TIMING CHIP BIB NUMBER



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PRE EVENT INFO

GENERAL INFORMATION

- PLEASE MAKE SURE TO COMPLETE YOUR MEDICAL CONDITIONS ON THE BACK OF YOUR BIB PRIOR TO THE RACE. YOU WILL NEED TO BRING YOUR OWN PEN.
- YOU CAN NOT TRANSFER YOUR ENTRY AT REGISTRATION. IF YOU KNOW SOMEONE THAT IS INTERESTED IN TAKING PART, THEY WILL NEED TO ENTER THEMSELVES SEPARATELY.

TIMING & RACE NUMBERS

PLEASE ATTACH YOUR TIMING CHIP TO YOUR LEFT ANKLE FOR THE DURATION OF THE EVENT. RACE NUMBERS MUST BE DISPLAYED ON THE FRONT DURING THE RUN. FAILURE TO DISPLAY YOUR NUMBER IN THE CORRECT MAY LEAD TO BEING PENALISED OR DISQUALIFIED.



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PRE EVENT INFO

RELAY TEAMS

EACH MEMBER OF A RELAY TEAM WILL NEED TO ATTEND REGISTRATION TO SIGN THE EVENT DISCLAIMER / TERMS AND CONDITIONS. YOU WILL BE GIVEN ONE TIMING CHIP THAT WILL NEED TO TAKEN OFF AND HANDED OVER TO YOUR PARTNER IN TRANSITION.

ONCE THE FIRST TEAM MEMBER COMPLETES THE SWIM, MAKE YOUR WAY TO TRANSITION WHERE YOUR PARTNER WILL BE WAITING TO RECEIVE YOUR TIMING CHIP.

WHEN ARRIVING INTO TRANSITION, YOU MUST TAKE OFF YOUR WETSUIT BEFORE HANDING OVER YOUR TIMING CHIP TO YOUR TEAM MEMBER. ONLY WHEN THEY HAVE PUT THE TIMING CHIP ONTO THEIR ANKLE THEY CAN LEAVE TRANSITION.

YOU WILL BE ALLOWED TO FINISH THE EVENT TOGETHER. THE FIRST TEAM MEMBER CAN WAIT AT THE START OF THE FINISH SHOOT



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PRE EVENT INFO

YOUTH CATEGORY

TO PARTICIPATE IN THE BAY AQUATHLON YOUTH RACES, WE WILL NEED A PARENT OR GAURDIAN TO REGISTER AND SIGN A DISCLAIMER ON YOUR BEHALF.

DISCLAIMERS WILL BE SENT OUT VIA EMAIL 3 DAYS BEFORE THE EVENT AND THEY MUST BE RETURNED BEFORE EVENT DAY. IF YOU CAN NOT DIGITALLY SIGN THEM, THEN REGISTRATION WILL ALSO BE TAKING IN THE SIGNED DISCLAIMERS.

THE YOUTH RACE WILL START SHORTLY AFTER THE 400M AND 750M SWIM WAVES, THIS IS TO ALLOW ALL YOUTH PARTICIPANTS TO HAVE MORE SPACE IN THE WATER.



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EVENT CHECKLIST

SWIMMING ESSENTIALS

- WETSUIT
- SWIM CAP
- GOGGLES
- SWIM SUIT
- EAR PLUGS
- VASELINE

RUNNING ESSENTIALS

- RUNNING SHOES
- SUITABLE CLOTHING
- SUNGLASSES
- SUNSCREEN
- RACE NUMBER BELT
- HAT

TRANSITION ESSENTIALS

- TOWEL
- TRANSITION BAG
- ENERGY GELS
- BOTTLED WATER



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EVENT DAY INFO

SAFETY

THERE WILL BE A MANDATORY RACE BRIEFING BEFORE THE START TO ENSURE THAT ALL PARTICIPANTS ARE AWARE OF THE SAFETY GUIDELINES AND SPECIFIC COURSE DETAILS.

DUE TO SAFETY REASONS, WETSUITS AND THE ALLOCATED SWIM CAPS ARE MANDATORY FOR OUR EVENTS. HEADPHONES ARE ALSO NOT PERMITTED FOR THE RUN SECTION.

IF YOU ARE UNABLE TO FINISH THE RACE, YOU MUST REPORT TO AN OFFICIAL TO INFORM THEM AND HAND BACK YOUR TIMING CHIP.

MARSHALS

PLEASE RESPECT ALL MARSHALS, WITHOUT THEM WE SIMPLY CAN NOT HOLD THESE EVENTS. ANY ABUSIVE BEHAVIOUR OR LANGUAGE WILL RESULT IN IMMEDIATE DISQUALIFICATION.



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EVENT DAY INFO

ENVIRONMENT

TO ENSURE THAT WE HAVE A MINIMAL IMPACT ON THE ENVIRONMENT, WE ASK TO PLEASE RESPECT THE SITE AND TAKE YOUR LITTER HOME WITH YOU!

LOST PROPERTY

ALL LOST PROPERTY SHOULD BE HANDED TO A MARSHALS WEARING HIGH-VIS IN REGISTRATION, IT WILL BE KEPT SAFE UNTIL COLLECTED. ALL LOST PROPER WILL BE KEPT FOR 7 DAYS.

FINISH LINE

AT THE FINISH LINE, PLEASE RETURN YOUR TIMING CHIP IN THE PROVIDED BIBS. PLEASE REMOVE THE CHIP YOURSELF - FAILING TO HAND YOUR CHIP IN WILL RESULT IN A REPLACEMENT FEE OF £25.



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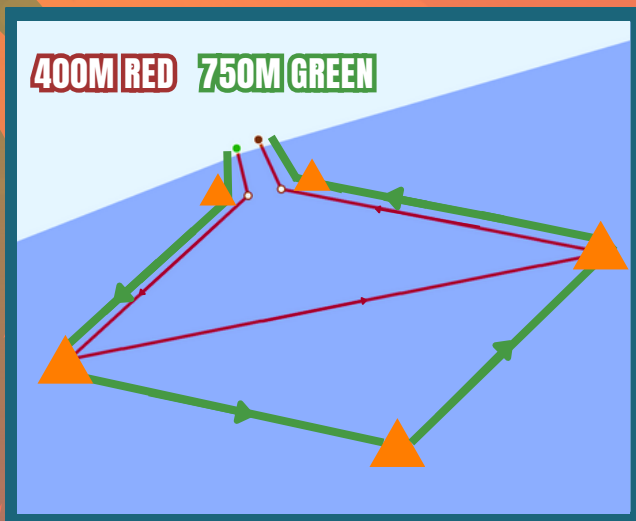




SWIM SECTION

SWIM DISTANCE 400M & 750M

THE COURSE IS A 1 LAP SWIM.



MAP OF SWIM EXIT & TRANSITION

COURSE IS SUBJECTIVE TO CHANGE

PRE EVENT

IT IS ESSENTIAL TO MAKE SURE YOUR WETSUIT FITS WELL. IF YOU HAVE A NEW WETSUIT, WE SUGGEST TESTING IT OUT WITH A FEW SWIMS BEFORE THE RACE DAY.



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SWIM SECTION

SWIM - THINGS TO KNOW

WHEN YOU ENTER THE WATER, IT'S IMPORTANT TO KEEP AN EYE ON THE COMPETITORS AHEAD OF YOU. IF YOU ARE NEW TO THIS TYPE OF EVENT, WE RECOMMEND STARTING AT THE SIDE OR BACK TO AVOID THE CROWD.

MAKE SURE TO BRING YOUR HEAD UP EVERY 5-6 STROKES TO KEEP IN A STRAIGHT LINE TO THE BUOYS. ALWAYS KEEP THE BUOYS ON YOUR LEFT HAND SIDE AS YOU SWIM AROUND THEM.

IF YOU ARE SWIMMING 400M, MAKE SURE TO TURN LEFT AT THE FIRST BUOY AND HEAD STRAIGHT FOR THE THIRD BUOY. AFTER PASSING THE THIRD BUOY, TURN LEFT AGAIN AND SWIM TOWARDS THE FINAL BUOY. FROM THERE, HEAD BACK TOWARDS THE FINISH AREA MARKED BY A FLAG AND A LIFEGUARD WITH A YELLOW RESCUE TUBE.

IF YOU ARE SWIMMING 750M, ONCE YOU HAVE REACHED THE FIRST BUOY KEEP GOING TOWARDS THE FURTHEST BUOY WHERE YOU WILL MAKE A U-TURN TO HEAD TOWARDS THE THIRD BUOY. AFTER YOU REACH THE THIRD BUOY, TURN LEFT AGAIN AND SWIM TO THE LAST BUOY WHERE YOU CAN THEN HEAD TO THE FINISH.

YOU MAY FEEL DIZZY WHEN LEAVING THE WATER. TO HELP THIS, FOR THE LAST 50 METERS KICK YOUR LEGS HARD TO GET SOME BLOOD FLOW INTO YOU LEGS. TAKE YOUR TIME GETTING OUT OF THE WATER. REMEMBER, THERE'S NO NEED TO RUSH!



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SWIM SECTION

IF YOU NEED HELP

LIE ON YOUR BACK WITH ONE ARM RAISED INTO THE AIR AND ONE OF THE CLOSEST MEMBER OF THE WATER SAFETY TEAM WILL ADVISE YOU TO USE THEIR BOARD FOR TEMPORARY SUPPORT IF REQUIRED.

IF YOU DECIDE TO RETIRE FROM THE EVENT, A RESCUE IRB WILL PICK YOU UP AND TAKE YOU BACK TO THE BEACH. YOU WILL NEED TO MAKE SURE THAT YOU HAND IN YOUR TIMING CHIP.

ACCLIMATISATION

GETTING READY BEFORE YOUR SWIM IS VITAL FOR A SUCCESSFUL RACE. PUT ON YOUR GOGGLES, FACE THE WATER, BLOW BUBBLES, AND OPEN YOUR WETSUIT'S NECK TO ADJUST TO THE WATER. AFTER LEAVING THE WATER, KEEP MOVING TO STAY WARM AND READY FOR THE RACE.



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A photograph of a swimmer in a pool, viewed from above, with one arm raised. The swimmer is wearing goggles and a dark swim cap. The water is blue and splashing. The image is part of a larger graphic with geometric shapes in orange, white, and teal.

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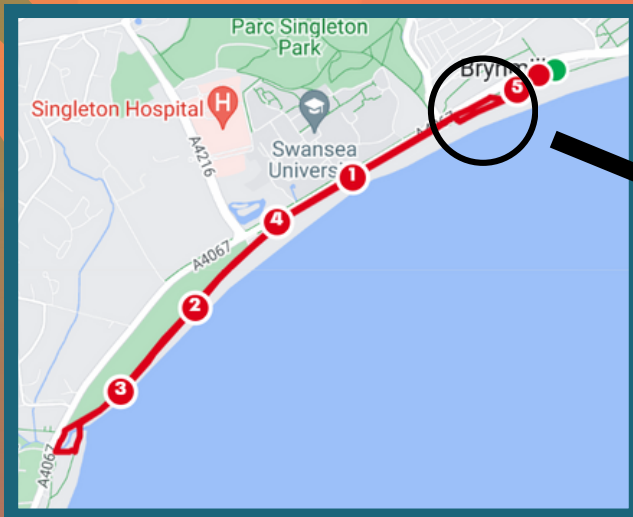
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RUN SECTION

RUN DISTANCE 5KM

THE COURSE IS A 1 LAP RUN.



YOU WILL EXIT TRANSITION AND PROCEED ALONG THE PROMENADE DOWN TOWARDS BLACKPILL. YOU WILL GO OVER THE BRIDGE AND THEN MAKE A RIGHT TURN TO HEAD BACK ALONG THE ROUTE YOU WERE ON. WHEN YOU ARE CLOSE TO THE FINISH, INSTEAD OF TURNING RIGHT TO GO BACK TO WHERE YOU STARTED, YOU WILL KEEP GOING STRAIGHT AROUND THE CENOTAPH AND THEN INTO THE FINISH.



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RUN SECTION

RUN - THINGS TO KNOW

THE RUN COURSE IS WELL MARSHALED AND MARKED WITH BLACK ARROWS ON A FLUORESCENT BACKGROUND.

PLEASE KEEP TO THE LEFT AT ALL TIMES UNLESS OVERTAKING ANOTHER ATHLETE AND PLEASE RESPECT OTHER PATH USERS.

MAKE SURE THAT YOUR RACE NUMBER BIB IS VISUAL ON YOUR FRONT WHEN ON THE RUN COURSE. FAILURE TO DO SO MAY RESULT IN A PENALTY OR DISQUALIFICATION.

AT THE FINISH LINE THERE WILL BE TIMING CHIP RETURN BINS. YOU WILL NEED TO REMOVE YOUR CHIP YOURSELF, FOLD AND PLACE IT IN THE BIN. FAILING TO DO SO WILL RESULT IN A REPLACEMENT FEE OF £25. AFTER CROSSING THE FINISH LINE YOU WILL BE ABLE TO COLLECT YOUR MEDAL AND BOTTLE OF WATER.



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EVENT RULES

- **COMPETITORS ARE REQUIRED TO BE FAMILIAR WITH AND ACCURATELY COMPLETE THE ENTIRE COURSE.**
- **THE USE OF INAPPROPRIATE AND DISRESPECTFUL LANGUAGE IS NOT ALLOWED AT ANY TIME. MARSHALS ARE VOLUNTEERS WHO HAVE TAKEN TIME OUT OF THEIR DAY TO HELP MAKE THE EVENT POSSIBLE. PLEASE SHOW THEM RESPECT AND GRATITUDE FOR THEIR EFFORTS.**
- **WETSUITS ARE MANDATORY. THEY MUST COVER THE TORSO & THIGHS, SLEEVELESS WETSUITS ARE ALLOWED.**
- **MOBILE PHONES, HEADPHONES OR ANY PORTABLE LISTENING DEVICE ARE NOT PERMITTED.**
- **RACE NUMBER MUST BE WORN ON THE FRONT DURING THE ENTIRE RUN COURSE. MAKE SURE IT REMAINS CLEARLY VISIBLE.**
- **YOU MUST SWIM WITH YOUR ALLOCATED SWIM CAP, YOU WILL BE PROVIDED THESE TO WHEN YOU REGISTER ON THE DAY. YOU CAN WEAR TWO SWIM CAPS BUT THE EVENT SWIM CAP NEEDS TO BE ON TOP.**



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EVENT RULES

- **YOU MUST REMOVE YOUR WETSUIT BEFORE EXITING TRANSITION AND PROCEEDING ONTO THE RUN COURSE.**
- **NUDITY IS NOT ALLOWED. PLEASE TAKE THE APPROPRIATE PRECAUTIONS WHEN REMOVING YOUR WETSUIT AND CONSIDER WEARING YOUR RUNNING GEAR UNDERNEATH. ADDITIONALLY, ENSURE THAT YOUR CHEST REMAINS COVERED AT ALL TIMES DURING THE RUN.**
- **YOU MUST PLACE YOUR EQUIPMENT, IF KIT IS THROWN IT MAY DISRUPT OTHER COMPETITORS.**
- **YOU ARE NOT ALLOWED TO MARK YOUR TRANSITION PLACE, THIS IS SOMETHING THAT YOU WILL NEED TO REMEMBER YOURSELF!**
- **IF THERE IS A QUESTION ABOUT A TIME OR PENALTY FOLLOWING THE EVENT, IT MUST BE RAISED WITHIN 24 HOURS OF THE RACE. ALL DECISIONS WILL BE REEVALUATED 48 HOURS AFTER THE EVENT AND THE FINAL DECISION WILL BE FINAL.**

THE BAY AQUATHLON SERIES IS ABOUT HAVING A GREAT EXPERIENCE AND THESE RULES WILL HELP MAKE SURE EVERYONE STAYS SAFE AND HAS A FAIR CHANCE OF COMPETING.



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POST EVENT INFO

AWARDS AND RESULTS

- THERE WILL BE AWARDS FOR THE 1ST, 2ND, 3RD MALE & FEMALE.
- YOU CAN FIND THE RESULTS ON 'TRIANDENTER.COM/RESULTS' THERE WILL BE LIVE TIMING SO YOU CAN DOWNLOAD THE TE LIVE APP. THE LINKS CAN BE FOUND ON THE WEBSITE.

SOCIAL MEDIA



IF YOU OR YOUR FOLLOWERS CAPTURE ANY PHOTOS ON THE DAY, PLEASE SHARE THEM WITH US USING #THEBAYAQUATHLON AND MENTION US AT @THEBAYAQUATHLON OR @TRIANDENTEREVENTS. WE MAY FEATURE THESE ON OUR INSTAGRAM AND FACEBOOK PAGES.

CHECK OUT OUR WEBSITE FOR MORE INFORMATION



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