**SWIM ENGLAND S.E. REGION OPEN WATER CHAMPIONSHIPS**

**IMPORTANT INFORMATION**



**DIRECTIONS:** Westhampnett Lake is approached from A27 Chichester by-pass. From the eastern end of the bypass follow signs for Goodwood, At the next roundabout turn right towards Westhampnett. A sign will direct you to the Chichester Watersports Centre. For sat-nav users PO18 0NX. **Parking is available on site for officials only.**

Ample car parking is available for competitors at the Rolls Royce Visitors car park PO18 0SH - please follow the signs. Ensure you **reverse park** within the bays to comply with security requirements. Car Park passes need to be shown. Please note that there are now double yellow lines on the main road outside the lake entrance. The entry road to the lake is also in constant use for the waste recycling centre, so do not block the road and be careful if dropping off swimmers.

Everyone that wishes to enter lakeside will need to complete the attached waiver form (parents to sign on behalf of children under 18 years). Family members will hand in at the entrance to the lake and receive a sticker for proof of completion. Swimmers to hand in at registration when collecting numbered hat.

**Swimmer Instructions**

Any swimmer failing to attend the briefing will not be able to compete unless special circumstances apply.

There are dry changing facilities, but no bags can be left there after changing. Showers are now outdoors to rinse off. Wet changing facilities are available. However, you may wish to bring your dryrobes etc to change after the swim.

Make sure toenails and fingernails have been trimmed. Do not wear any jewellery or ensure that it is taped over if it cannot be removed.

Do **not apply suntan lotion** until after you have been numbered as it will prevent numbering and when applied afterwards, care not to remove the number.

**TIMETABLE (times are approximate)**

08.15 to 9.00 5K Registration and marking opens next to lake entrance

09.00   Briefing 5K Time limit 30mins after first swimmer

09.30 Start 5K Male

09.35 Start 5K Female

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09.30 to 10.30 2K Registration as above

10.30 2K Briefing 2K Time limit 1 hour

11.15 Start 2K Male

11.20 Start 2K Female

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11.00 to 12.00 3K Registration

12.00 Briefing 3K Time limit 1.5 hours

13.30 Start 3K Male

13.35 Start 3K Female

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13.30 to 14.30 Registration 1K Novice

14.30 Briefing 1K– Time limit 30mins

15.15 Start 1K Male & 1K Female

This pass must be displayed in your vehicle if you are using the Rolls Royce visitor car park.



COMPETITOR CAR PARK PASS

ROLLS ROYCE VISITOR CAR PARK

REVERSE PARK IN BAYS