

Open Water Championships Age Group and Masters Competitions 2026

Swimmer information and pre-briefing

Water and Weather Conditions

Water Quality:

Very GOOD

Water Temperature:

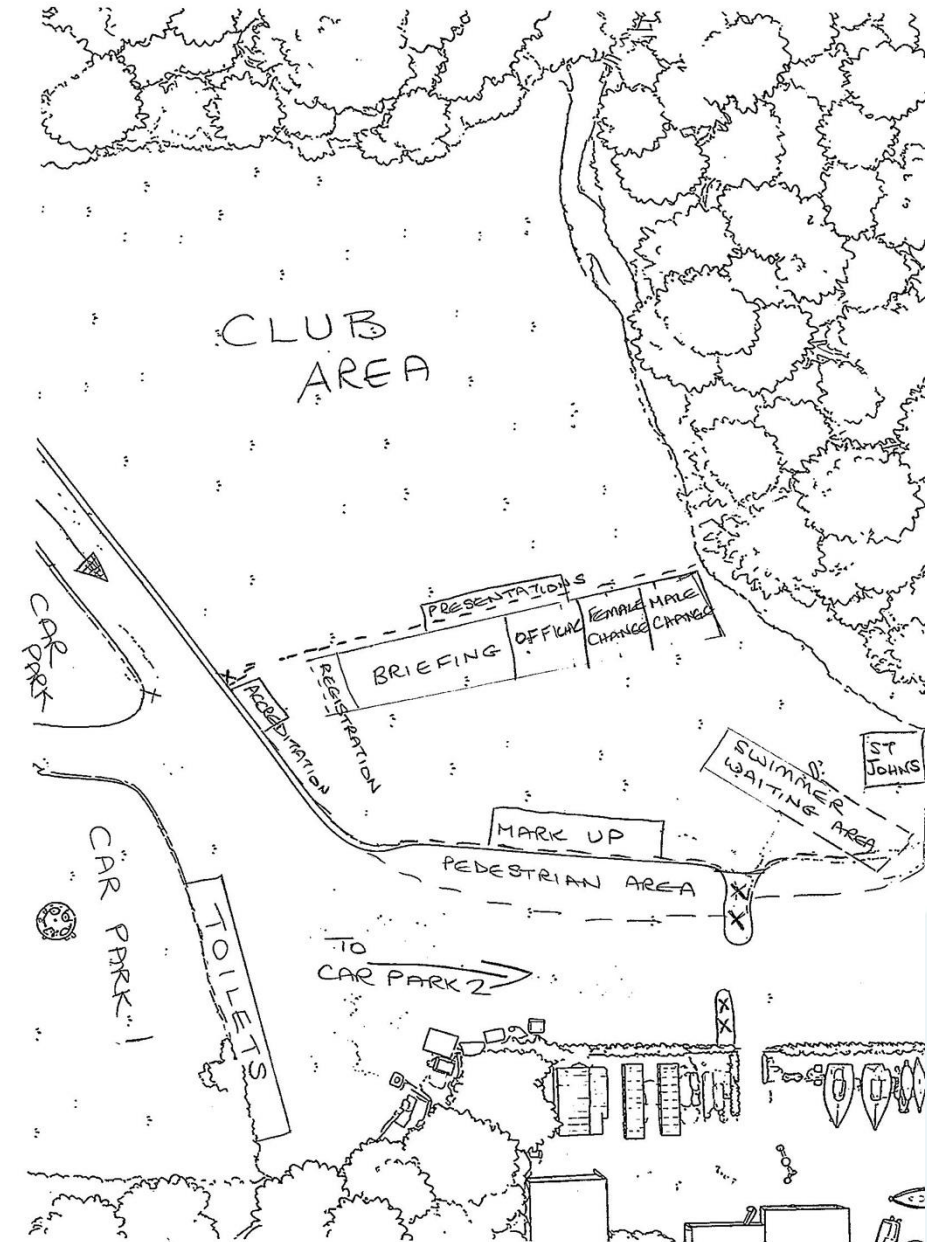
will be taken before each event and announced at the full briefing.
Below 18degC wetsuits will be required.

UV Index:

TBA (remember your sun protection, but apply after mark up and **keep it off** your race numbers)

Arrival at Site

- Your vehicle will be directed to the appropriate car parking area
- Please note there are no shower or internal toilet facilities at this site
- Portaloos are provided



Arrival at Site

- On arrival at the site, please find your **coach and or team manager** who will be responsible for taking you through the process of registration and mark up.
- Before registration, please put your swimsuit on ready for mark up. Tents are available for changing within the **Competitor Only Area**.
- At registration, you will be given your numbered hat that must be worn throughout the race. Your hat is part of our safety precautions throughout the race and allows us to monitor swimmers on the water. If the hat falls off that is not an issue, but it mustn't deliberately remove or you will be disqualified.
- You will also get a timing chip wristband to put on your right or left wrist. Take them with you to the markup area.

Mark up



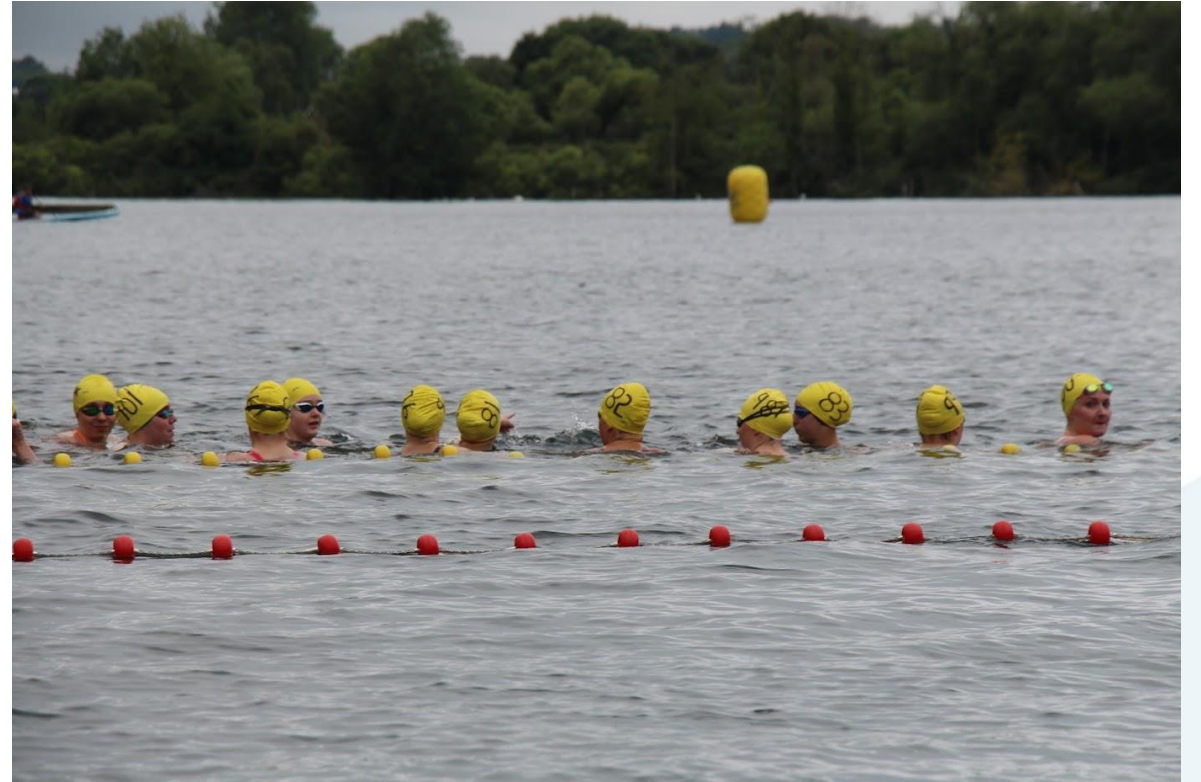
- Next you move to Mark up, where the Clerks of the Course will check your finger and toenails which must not be visible above the end of your fingertips or end of toes.
- You will be asked to remove any jewellery.
- Your costumes will be checked to ensure they conform to the regulations.
- Do not apply sunscreen prior to being numbered. Numbering will be on both shoulders, tops of arms and backs of hand unless wetsuits are required.
- Do not apply sunscreen over the numbers as this can remove them.

Briefing and entering the water

- After you have completed registration, you can exit the Competitor Area but must return in time for the full briefing for your event which will be held in the marquee **in the Competitor Area**.
- After the briefing, you will receive 3 notifications before your race:
 - A 15 minutes warning – you should start getting ready for your race
 - A 10 minutes warning – you should start to move to the marshalling area and line up in number order with timing chip band on your wrist. You will be issued with an additional numbered band to be worn on wrist or ankle, which is used to check you into the lake and must be given back when you leave the water to monitor the safety of all swimmers.
 - A 5 minutes notice – you will be marshalled down the ramp and can leave your shoes in the bin provided. Wade into the water and try to acclimatise to the temperature by submerging your face as well as your body.

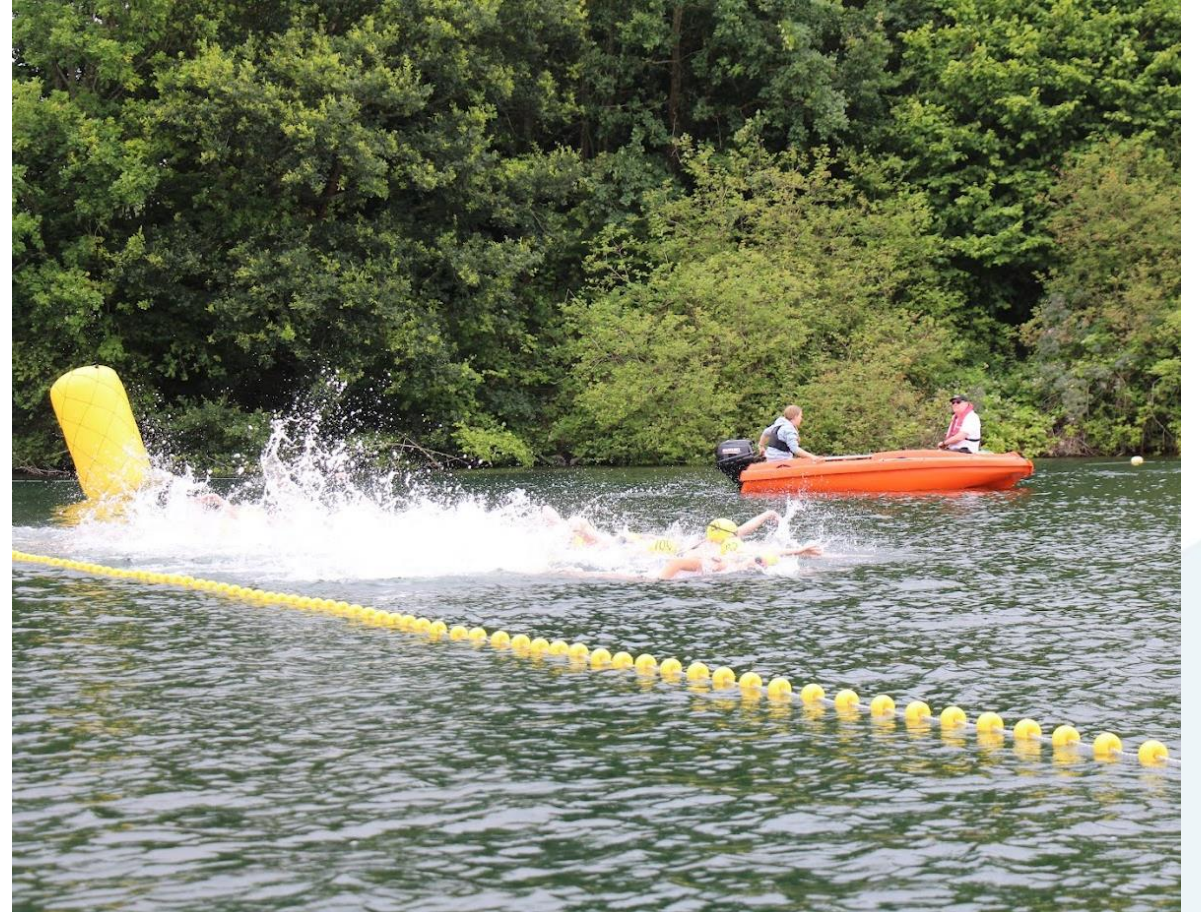
THE RACE - preparation

- You will line up across the start line ready to start the race
- This course is a 1km circuit swum clockwise around 6 or 7 large yellow buoys which you should pass on your right shoulder.
- However, on the first lap, you can pass that first yellow buoy on either side to avoid a crush.
- For all other laps, you must pass it on your right shoulder.



The Race – start procedures

- The Referee will be positioned in a boat and will ask you to get in a straight line.
- The Referee will raise their flag, blow a series of short blasts on the whistle and point that flag at the Starter on the pontoon.
- When they are satisfied that all swimmers are ready, the Starter will give the command “Take Your Marks”.
- The Starter will then drop their flag and simultaneously sound an air horn to initiate the mass start.



The Race – finish

- On each lap you must swim past a yellow buoy in front of the Finish banner. **Do not swim through the finish until your final lap.**



- On your **final lap** you should swim between the two pencil buoys to the Finish banner. If you miss the pencil buoys you **MUST NOT** enter the funnel from the sides by going under the lane ropes. You must go back to the start of the funnel or you will be disqualified.
- You **MUST** touch the Finish Banner to complete your race. Failure to touch will mean disqualification.

Safety Brief

If you need help or wish to stop, we will recover you from the water.

To ask for help

- Turn onto your back and wave an arm to attract attention of the canoeists or safety boats
 - A nearby paddler will come to help – they will instruct you to hold the bow of their craft
 - The paddler will signal for assistance
 - Rescue craft will come to pick you up
- The rescue craft will bring you back to the pontoon where medical facilities are available to support you.

Safety Brief – Medical Note

- This is an open water event. There is a **SMALL** possibility of contracting a water-borne infection.
- There are no shower facilities available on site. Before you touch any food without cleaning your hands first – **Use the hand gel provided.**
- If within 2 weeks you are affected by flu-like symptoms, or any other unexplained illness, please seek professional medical advice.
- Inform them you have been swimming in open water.

Any Questions?

You can find answers to many questions you may have in the Terms and Conditions governing this event. However, if you need further clarification send an email query to:

openwater@southeastswimming.org