



10K SWIMMERS

EVENT SCHEDULE:

- From 0745 Check-in open for 10k swimmers
- 0900 Mass start for 10k swimmers
- 0905-0920 Start window for 10k swimmers (rolling start)
- 1345 FINAL LAP CUT-OFF FOR 10K SWIMMERS
- 1530 Swim course closes

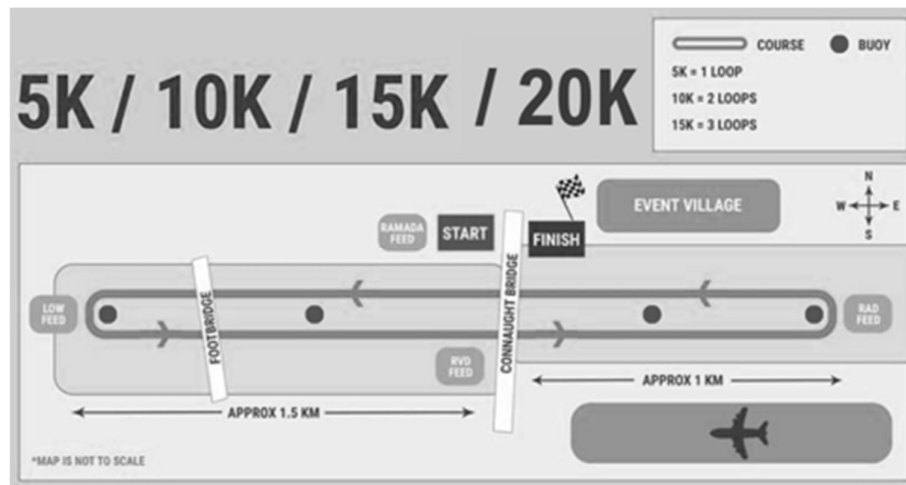
**ALL 10K SWIMMERS MUST CHECK-IN EACH LAP AT THE RAMADA FEED STATION,
EVEN IF YOU ARE NOT FEEDING.**

This is to ensure our safety crew can track all swimmers.

NUTRITION DROP:

- 10k swimmers will receive a 25cm x 25cm ziplock bag in your race pack.
- Your nutrition MUST fit into this bag – your water bottle can be separate. Your water bottle/s should already be filled with your own hydration – these should be labeled with your race number (labels will be provided)
- **You will carry this bag and your water bottle/s to the swim start** area and drop it off to the feed station volunteers **at the top of the entry ramp**. You will not be allowed onto the start pontoon until the start marshal calls you down for the start.
- Your feed bag will be labelled to match your race number. These will be laid out in chronological order along the Ramada Pontoon (left to right as you approach, in the water)
- You will have access to your nutrition bag and water bottle at the end of each lap. As you approach, alert the feed station volunteers to your race number so they can locate your bag / drink quickly.
- All nutrition bags and bottles will be disposed of at the end of the day unless collected prior to 1545.

SWIM COURSE:



Check the course map on event day for buoy colours so you know where to turn.

10k = 2 laps

- Enter the water and swim west towards City Hall, passing ExCel on your right-hand side.
- Swim the full length of Royal Victoria Dock towards the Love Open Water pontoon until you reach the turning buoy.
- The LOW Feed Station is located on the pontoon approximately 1.5km into the course and just beyond the turning buoy. Look out for the branded gazebo and feather flags.
- At the turning buoy, make a 180 degree turn and swim back towards the airport / swim start. You will swim the entire length of Royal Victoria Dock.
- The RVD Feed Station will be located on the right as you approach Connaught Bridge. This will have hydration only (water and PH1000)
- Continue under the bridge and into Royal Albert Dock and swim approximately 1km to the turning buoy located just in front of the RAD Feed Station – approximately 4km into the course. This feed station will have water, PH1000 and bananas.
- Make a 180 degree turn and swim west again, passing the finish ramp on your right and proceeding under Connaught Bridge.
- The Ramada Feed station will be located on the right-hand side next to the start pontoon. This is where you can access your own nutrition / hydration.
- PF&H Gels will be available on the RAMADA Feed Station for 10k swimmers.

There will be no lap timing but you must check in at the Ramada Feed station at the end of each lap.

Remember to always keep the buoys on your left.

If you do not complete the full distance you have entered, you must report to the Finish Marshal located near the Refuel Tent at the swim finish. Look for the volunteers in pink hi viz.