



3K SWIMMERS

3k Junior swimmers aged 12-16 **MUST** wear a full length wetsuit – no shorties allowed.

EVENT SCHEDULE:

- From 0930 Check-in open for 3k swimmers
- 1100 Mass start for 3k swimmers
- 1105-1120 Start window for 3k swimmers (rolling start)
- 1530 Swim course closes

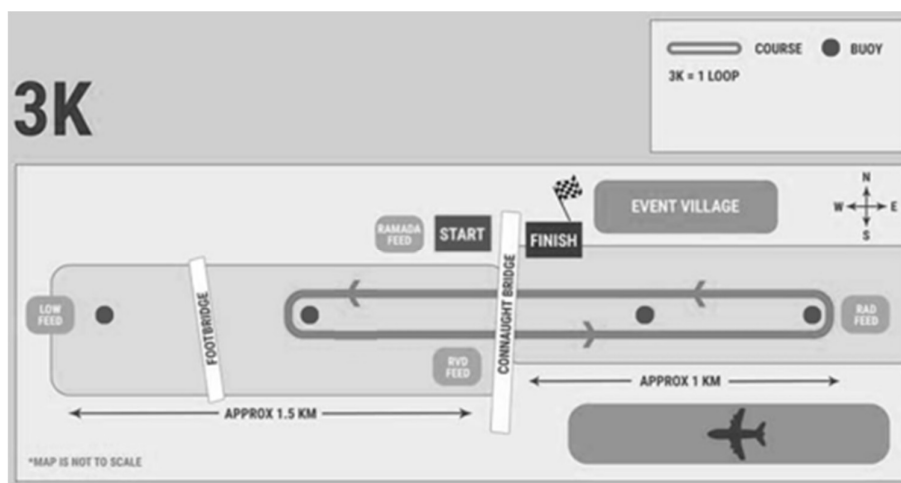
RIGHT OF WAY

Take care when rounding the buoys.

Give way to any other swimmers approaching.

Incoming swimmers have right of way on the course.

SWIM COURSE:



The course will be marked with large yellow buoys running down the middle. The first turning point for the 3k will be marked with different coloured buoys. Check the course map on event day for buoy colours so you know where to turn.

- Enter the water and swim west towards City Hall, passing ExCel on your right-hand side.
- At the turning buoy approximately 500 metres into the course, make a 180 degree turn and swim back towards the airport / swim start.
- 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. Swim approximately 1km to the turning buoy **located just in front of the RAD Feed Station** – approximately 2km into the course. This is the same turning buoy as the 5k, 10k and 15k swimmers.
- Make a 180 degree turn and swim west again, toward the finish ramp on your right – **DO NOT SWIM UNDER CONNAUGHT BRIDGE AGAIN.**

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.