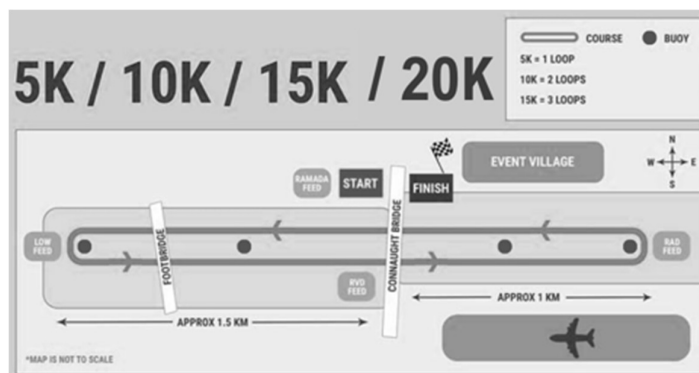


5K SWIMMERS

EVENT SCHEDULE:

- From 0830 Check-in open for 5k swimmers
- 0945 Mass start for 5k swimmers
- 0950-1015 Start window for 5k swimmers (rolling start)
- 1530 Swim course closes

SWIM COURSE:



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

5k = 1 lap

- 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, 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.