



EPIC 15K SWIMMERS

EVENT SCHEDULE:

- 0730-0830 Check-in open for 15k swimmers
- 0830-0840 Group warm up with Catch Head Coach (start zone)
- 0845 MASS start for 15k swimmers
- 1345 FINAL LAP CUT-OFF FOR 15K SWIMMERS
- 1530 Swim course closes

15k swimmers will start together in a mass start – there will be no rolling start for this distance.

ALL 15K SWIMMERS MUST CHECK-IN AT THE RAMADA FEED STATION AFTER LAPS 1 AND 2, EVEN IF YOU ARE NOT FEEDING.

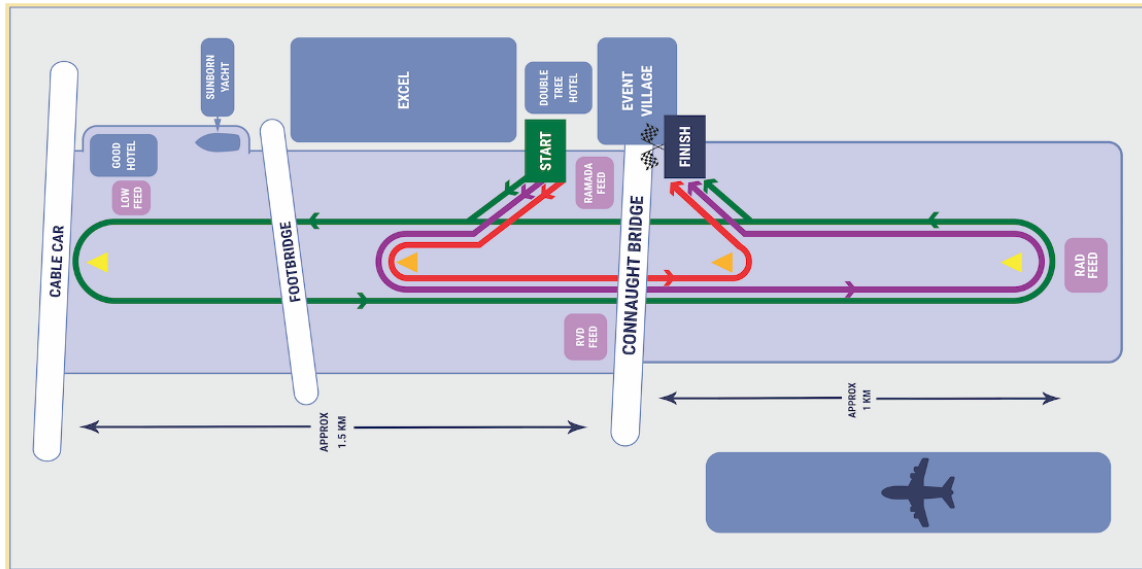
This is to ensure our safety crew can track all swimmers.

NUTRITION DROP:

- 15k swimmers will receive a 25cm x 25cm ziplock bag with 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:



*The swim course is marked by a line of orange and yellow buoys running down the middle of the dock. Orange buoys in the middle section of the 5k loop signify the shorter course (3k & 1.5k). **15k turning buoys are yellow.***

15k = 3 laps of the 5km course

- 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 cable cars.
- Pass the Sunborn Yacht hotel (on the right) and pass under the footbridge and continue towards the cable cars.
- The **LOW Feed Station** will be positioned on the right-hand side adjacent to the Good Hotel approximately 1.4km into the course. Look out for the branded gazebo and feather flags. This feed station will have VOOM electrolytes, water and bananas.
- After the feed station, continue for approximately 100m, to the large yellow buoy.
- 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 feed station will have VOOM electrolytes and water only.
- Continue under the bridge and into Royal Albert Dock and swim approximately 1km to the large yellow turning buoy located just in front of the **RAD Feed Station** – approximately 4km into the course. This feed station will have VOOM electrolytes, water 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. This feed station will also offer VOOM electrolytes and water only.
- **On lap 3**, approximately 50m before you reach the bridge, veer right to reach the swim finish which will be marked with feather flags and signs. Exit via the ramp and continue across the timing mats.

There will be no lap timing, but you MUST check in at the RAMADA Feed Station at the end of lap 1 and lap 2.

*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.



10K SWIMMERS

EVENT SCHEDULE:

- 0745-0830 Check-in open for 10k swimmers
- 0845-0855 Group warm up with Catch Head Coach (start zone)
- 0900 Mass start for 10k swimmers
- 0905-0935 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 AT THE RAMADA FEED STATION AFTER LAPS 1, EVEN IF YOU ARE NOT FEEDING.

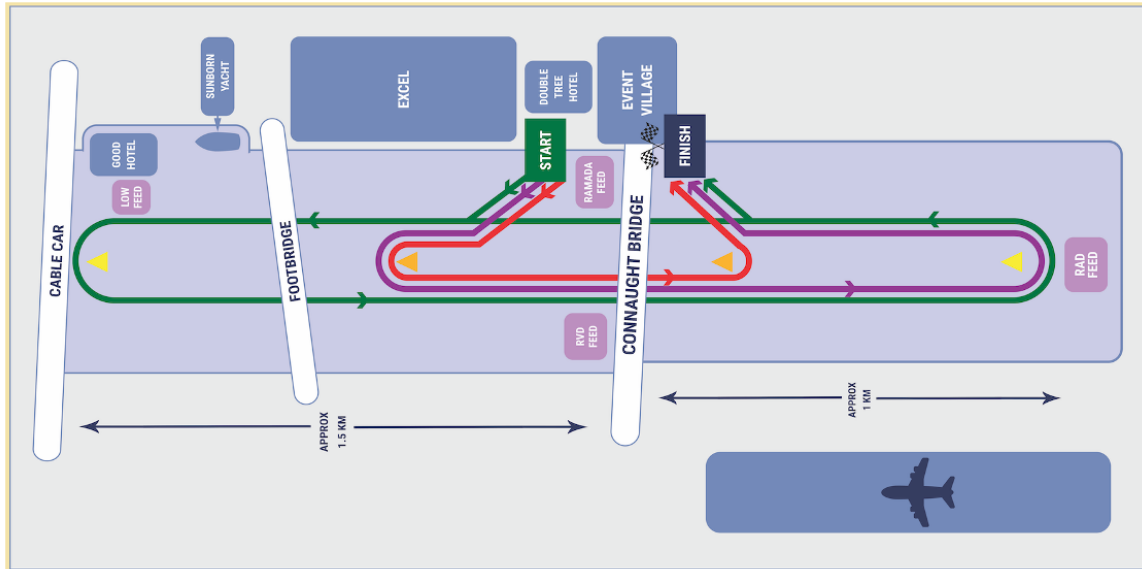
This is to ensure our safety crew can track all swimmers.

NUTRITION DROP:

- 10k swimmers will receive a 25cm x 25cm ziplock bag with 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:



*The swim course is marked by a line of orange and yellow buoys running down the middle of the dock. Orange buoys in the middle section of the 5k loop signify the shorter course (3k & 1.5k). **10k turning buoys are yellow.***

10k = 2 laps of the 5km course

- 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 cable cars.
- Pass the Sunborn Yacht hotel (on the right) and pass under the footbridge and continue towards the cable cars.
- The **LOW Feed Station** will be positioned on the right-hand side adjacent to the Good Hotel approximately 1.4km into the course. Look out for the branded gazebo and feather flags. This feed station will have VOOM electrolytes, water and bananas.
- After the feed station, continue for approximately 100m, to the large yellow buoy.
- 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 feed station will have VOOM electrolytes and water only.
- Continue under the bridge and into Royal Albert Dock and swim approximately 1km to the large yellow turning buoy located just in front of the **RAD Feed Station** – approximately 4km into the course. This feed station will have VOOM electrolytes, water 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. This feed station will also offer VOOM electrolytes and water only.
- **On lap 2**, approximately 50m before you reach the bridge, veer right to reach the swim finish which will be marked with feather flags and signs. Exit via the ramp and continue across the timing mats.

There will be no lap timing, but you must check in at the RAMADA Feed Station at the end of lap 1.

*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.

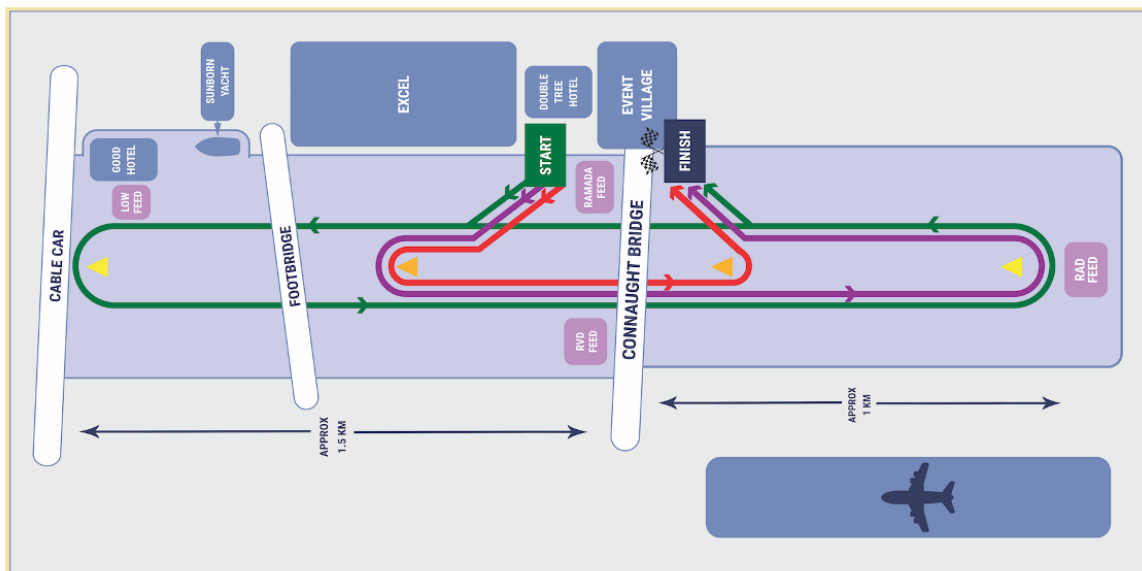


5K SWIMMERS

EVENT SCHEDULE:

- 0830-0945 Check-in open for 5k swimmers
- 0930-0940 Group warm up with Catch Head Coach (start zone)
- 0945 Mass start for 5k swimmers
- 0950-1120 Start window for 5k swimmers (rolling start)
- 1530 Swim course closes

SWIM COURSE:



*The swim course is marked by a line of orange and yellow buoys running down the middle of the dock. Orange buoys in the middle section of the 5k loop signify the shorter course (3k & 1.5k). **5k turning buoys are yellow.***

5k = 1 lap of the 5km course

- 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 cable cars.
- Pass the Sunborn Yacht hotel (on the right) and pass under the footbridge and continue towards the cable cars.
- The **LOW Feed Station** will be positioned on the right-hand side adjacent to the Good Hotel approximately 1.4km into the course. Look out for the branded gazebo and feather flags. This feed station will have VOOM electrolytes, water and bananas.



- After the feed station, continue for approximately 100m, to the large yellow buoy.
- 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 feed station will have VOOM electrolytes and water only.
- Continue under the bridge and into Royal Albert Dock and swim approximately 1km to the large yellow turning buoy located just in front of the **RAD Feed Station** – approximately 4km into the course. This feed station will have VOOM electrolytes, water and bananas.
- Make a 180-degree turn and swim west again, back towards Connaught Bridge
- Approximately 50m before you reach the bridge, veer right to reach the swim finish which will be marked with feather flags and signs. Exit via the ramp and continue across the timing mats.

*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.



3K SWIMMERS

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

EVENT SCHEDULE:

- 0945-1045 Check-in open for 3k swimmers
- 1115-1125 Group warm up with Catch Head Coach (start zone)
- 1130 Mass start for 3k swimmers
- 1135-1205 Start window for 3k swimmers (rolling start)
- 1530 Swim course closes

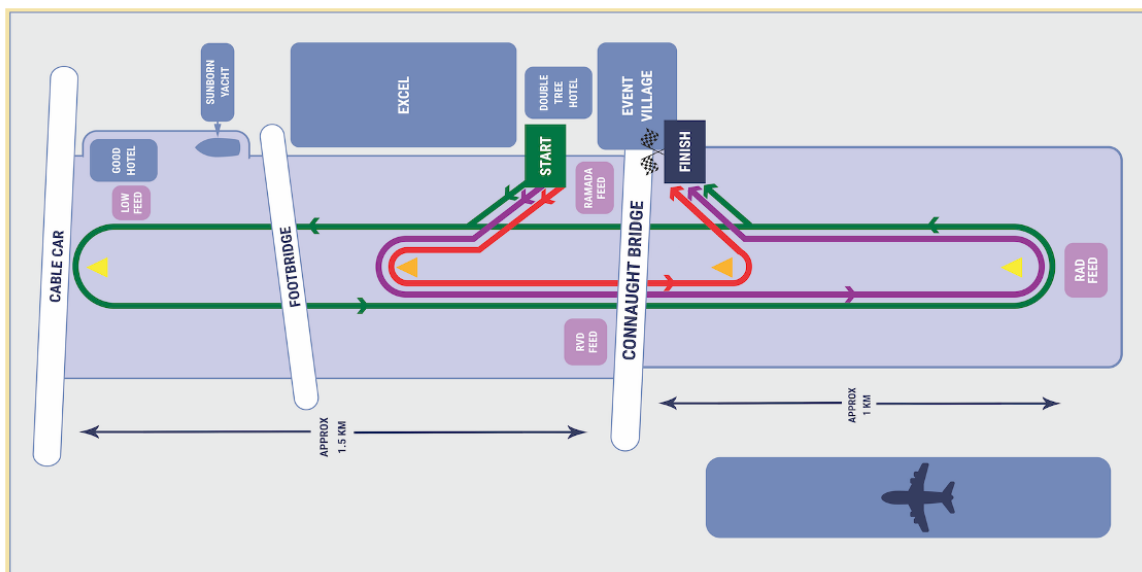
RIGHT OF WAY

Take care when rounding the buoys.

Give way to any other swimmers approaching.

Swimmers returning towards Connaught Bridge have right of way on the course.

SWIM COURSE:





The 3k course will be marked with a combination of orange and yellow triangle buoys running down the middle. The first turning point for the 3k will be marked with a large cylindrical orange buoy. The 2nd turn for 3k swimmers is at the RAD Feed Station and marked with a large yellow buoy.

- Enter the water and swim west towards City Hall, passing ExCel on your right-hand side.
- At the orange cylindrical 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 feed station will have VOOM electrolytes and water only.
- Continue under the bridge and into Royal Albert Dock. The buoys will be orange for 250m and then change to yellow.
- Continue swimming to **the RAD Feed Station** – approximately 2km into the course. You will turn at the same buoy as the 5k, 10k and 15k swimmers, just in front of the feed station.
- Make a 180-degree turn and swim west again, towards Connaught Bridge.
- Approximately 50m before you reach the bridge, veer right to reach the swim finish which will be marked with feather flags and signs. Exit via the ramp and continue across the timing mats.
- **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.



1.5K SWIMMERS

1.5k Junior swimmers aged 12-16 **MUST** wear a full length wetsuit – no shorties allowed.

EVENT SCHEDULE:

- 1045-1200 Check-in open for 1.5k swimmers
- 1200-1210 Group warm up with Catch Head Coach (start zone)
- 1215 Mass start for 1.5k swimmers
- 1220-1300 Start window for 1.5k swimmers (rolling start)
- 1530 Swim course closes

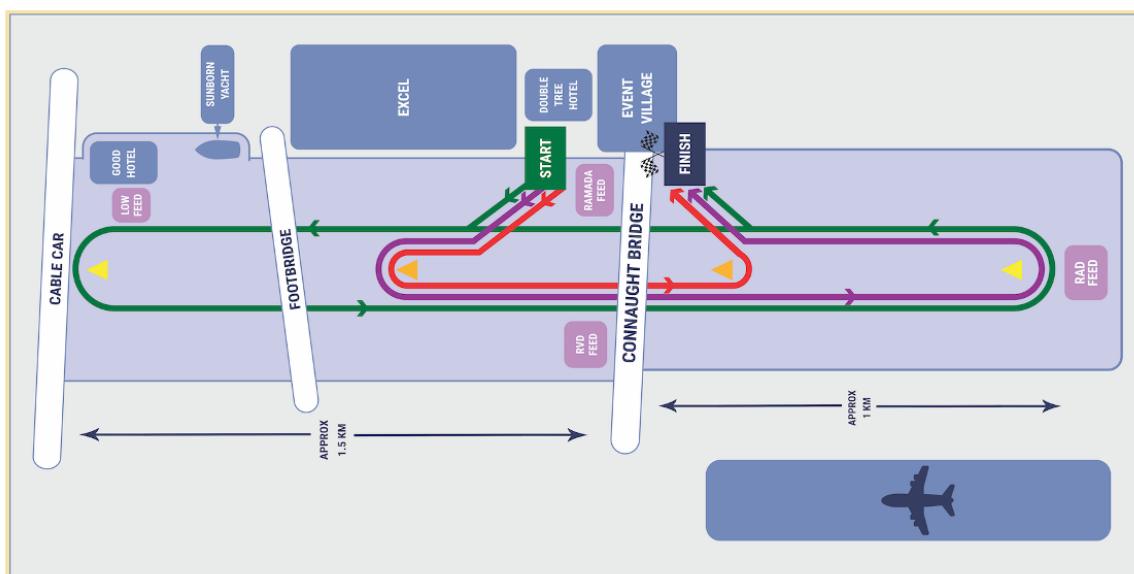
RIGHT OF WAY

Take care when rounding the buoys.

Give way to any other swimmers approaching.

Swimmers returning towards Connaught Bridge have right of way on the course.

SWIM COURSE:





The 1.5k course will be marked with orange triangle buoys running down the middle of the dock. The first & 2nd turning points for the 1.5k will be marked with a large cylindrical orange buoy. Walk west from the start area along the dock walkway in front of ExCel to spot the turning point before you start your swim. Walk east from the swim finish to see the 2nd turn buoy in Royal Albert Dock.

- Enter the water and swim west towards City Hall. ExCel will be on your right-hand side.
- At the orange cylindrical 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 feed station will have VOOM electrolytes and water only.
- Continue under the bridge and into Royal Albert Dock. Swim until you reach the orange cylindrical buoy located approximately 1.25k into your swim.
- Make an 180-degree turn and swim west again, towards Connaught Bridge.
- Approximately 50m **before** you reach the bridge, veer right to reach the swim finish which will be marked with feather flags and signs. Exit via the ramp and continue across the timing mats.
- **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.