



*OPEN WATER  
SWIMMER*



**welcome**



# welcome & intro

**Hi Swimmers  
and thank you for  
registering for one of  
the Open Water Swimmer  
Ireland swim series events.**

**In this race information  
pack you'll find all the  
information you need to best  
familiarize yourself with  
the courses, locations,  
times etc.**

**You'll find even more  
information on our website,  
where every event has its own  
page, plus a FAQ's section.**

[http://openwaterswimmer.ie/  
index.php/swim-tips/faq](http://openwaterswimmer.ie/index.php/swim-tips/faq)

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# Swim categories

**Lough Key**

**750m & 1.5km**

**Hodson Bay**

**1/2 mile & 1 mile**

**Glendalough**

**750m, 1.5km, 3.9km**



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# 2020 Event Dates & Times



## Lough Key

Saturday June 20

750m (11am)

1.5km (12noon)

## Hodson Bay

Saturday July 18

750m (11am)

1.5km (12noon)

## Glendalough

Saturday 5 September

750 (10am)

1.5km (11am)

Sunday 6 September

3.9km (10am)



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# Location Information



## LOUGH KEY, ROSCOMMON

The Lough Key Castle Island loop event runs from Lough Key forest park, in Boyle, Co Roscommon. The swim starts and finishes from the main slipway, and our registration tents are on the grass area beside the slipway. There is ample paid parking (free if you purchase something) onsite, toilets, restaurants, paid Waterways Ireland showers, a campsite, tree top Zipline courses, boat tours, forest walking and much more.

These are wild swimming events so there are no changing facilities.



## Location Information



### Hodson Bay, Athlone

The Hodson Mile runs from the small beach in front of the Hodson Bay Hotel outside Athlone, Co Westmeath. The swim starts and finishes from the beach and our registration tents are on the grass area beside the beach. There is ample free parking onsite, toilets are in the hotel leisure center, restaurants, hotel, water adventure course, boat tours and much more.

These are wild swimming events so there are no changing facilities.



## Location Information



### Glendalough, Co. Wicklow

The Glendalough National Park swim runs from the beach in the upper lake in the national park. The swim starts and finishes from the main beach and our registration tents are located there too.

Please note there is LIMITED PARKING, so we strongly advise you car share (even if its just from the lower car park). There are toilets onsite, cafes, and hours of hiking on offer.

These are wild swimming events so there are no changing facilities.



# Scheduled Times



## Registration

Registration opens at 8am and closes 30min prior to the first swim start. This is where you will get your race number, swim cap and competitors goodie bag. You will need to have a number and one of our caps to enter the water for the swim.

As part of our green policy we run a paperless event, so you wont need to bring any print out to prove you've entered. We will have your name on file there. If you'd like a t-shirt we sell them at the same location. Limited stock and sizes are available.

We run all our events from the waters edge - find the water and you will find us!

# Scheduled Times



## In Lough Key and Hodson Bay

Shorter swim briefing is at 10.45 with a walk in at 10.55.  
The swim starts at 11am.

The longer swim brief is at 11.45 with walk in at 11.55.  
The swim starts at 12noon.

Remember you can swim both distances on the day for  
the one entry at the Lough Key and Hodson Bay events.

## In Glendalough

Saturdays 750m race briefing is at 9.45 with a walk in at 9.55.  
The 750m swim starts at 10am.

Saturdays 1.5km race briefing is at 10.45 with a walk in at 10.55.  
The 1.5km swim starts at 11am

Sundays 3.9km race briefing is at 9.45 with a walk in at 9.55.  
The 3.9km swim starts at 10am



# Timing & Results

## Timing System

As this event starts and finishes in the one spot and we run a mass start from the water, we do not use a timing chip system. Our manual system has proven to be more accurate and allows us to keep your entry fee lower. You will be given a race number that will identify you for the results.

## Race Results

Will be posted on the event site location information board within an hour of the last swim on the day finishing. Informal ones will be posted online on our facebook page that evening, with formal ones within 24hs of the final swim on our facebook page and website page:

[www.openwaterswimmer.ie](http://www.openwaterswimmer.ie).

The results will be forwarded to the Global Swim Series after that.

## Bag Drop

We don't have a bag drop area, but we do offer a car key holding service.

## Race Number and Swim Cap

These will be given to you on the morning of the event at our registration tent. Your competitor goodie bag can be collected at the same time.



# Terms & Conditions

You can view our full Terms & Conditions using the following link:  
<http://openwaterswimmer.ie/index.php/swim-tips/faq>  
In entering this event you have agreed to these terms and conditions.

## Start Zone

Please make your way to in front of the start arch for the race briefing, you need to be ready to swim at this time (swim/wet suit, swim cap, race number, goggles etc).  
As soon as the briefing is over you will start the walk into the water for a floating, mass start.

## Use of Wetsuits

The use or not of wetsuits is not compulsory. Its completely your choice. However if you are new to open water swimming we would recommend you use a wetsuit as they offer buoyancy and warmth.

## Use of Tow Buoys

Again, it is your choice if you wish to tow a buoy. We do not stipulate either way.

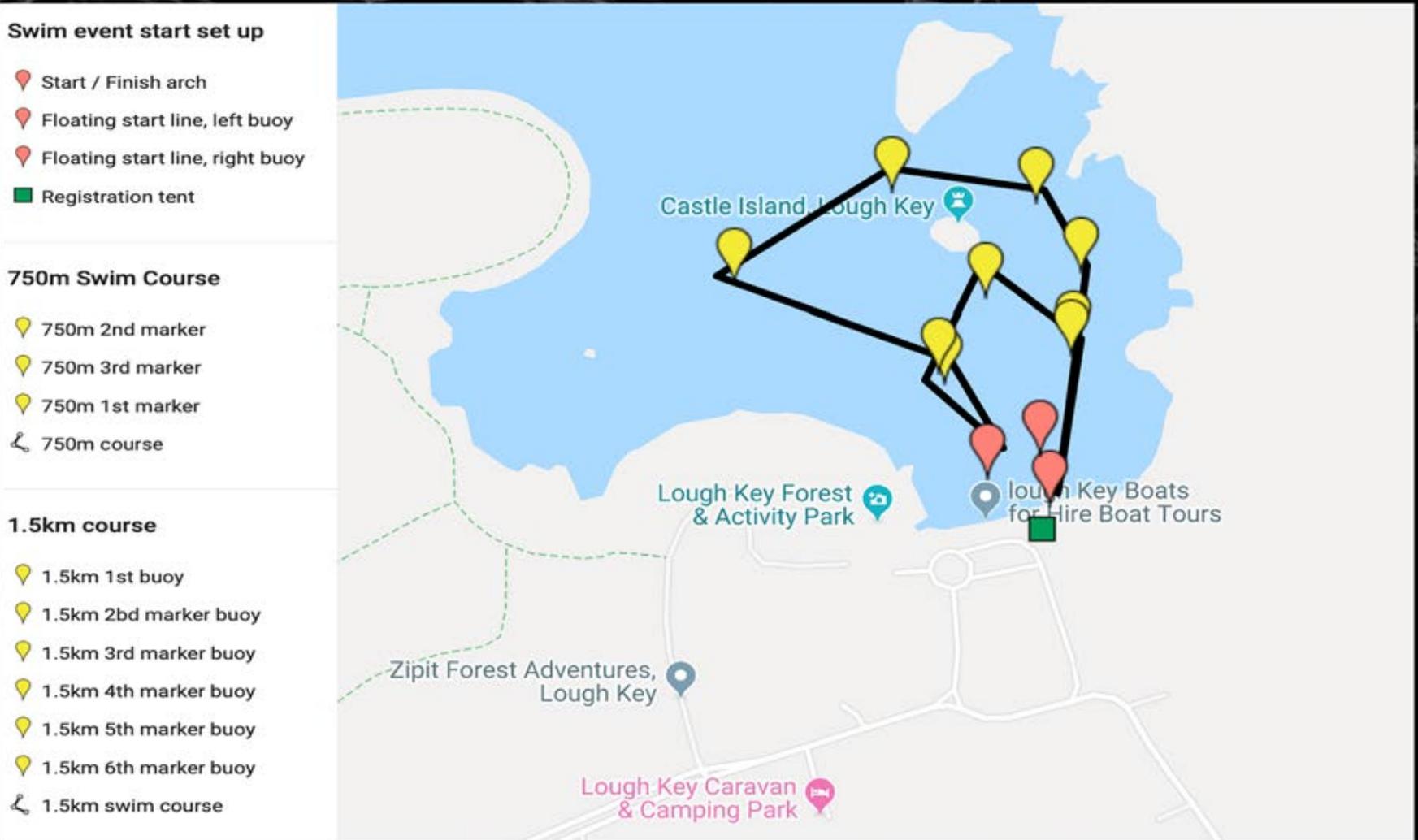
## Cut off times

750m / 1\2 mile - 45min    1.5km \ 1 mile 80min    3.9km 2h20min

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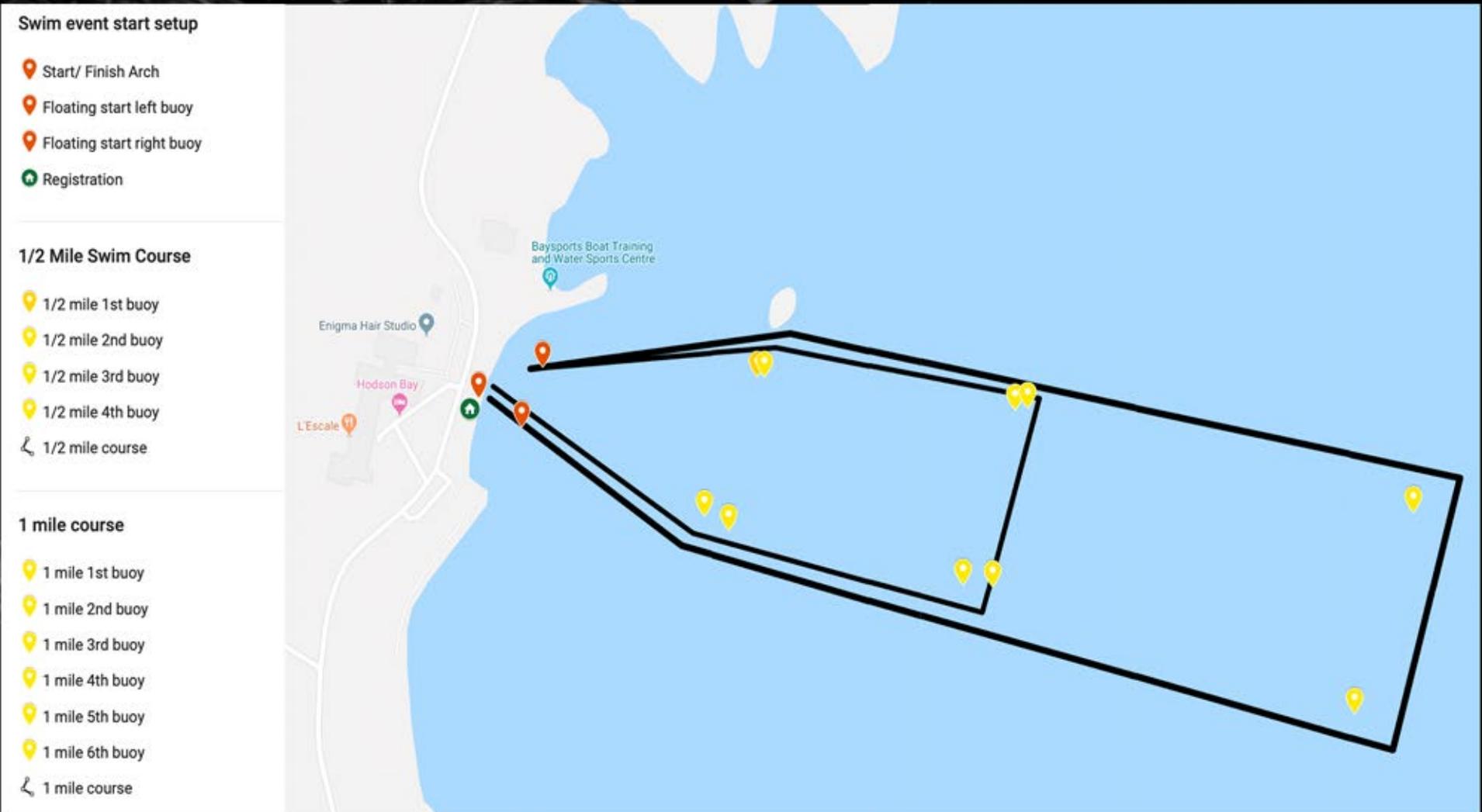


# Swim Course Map - Lough Key





# Swim Course Map - Hodson Bay



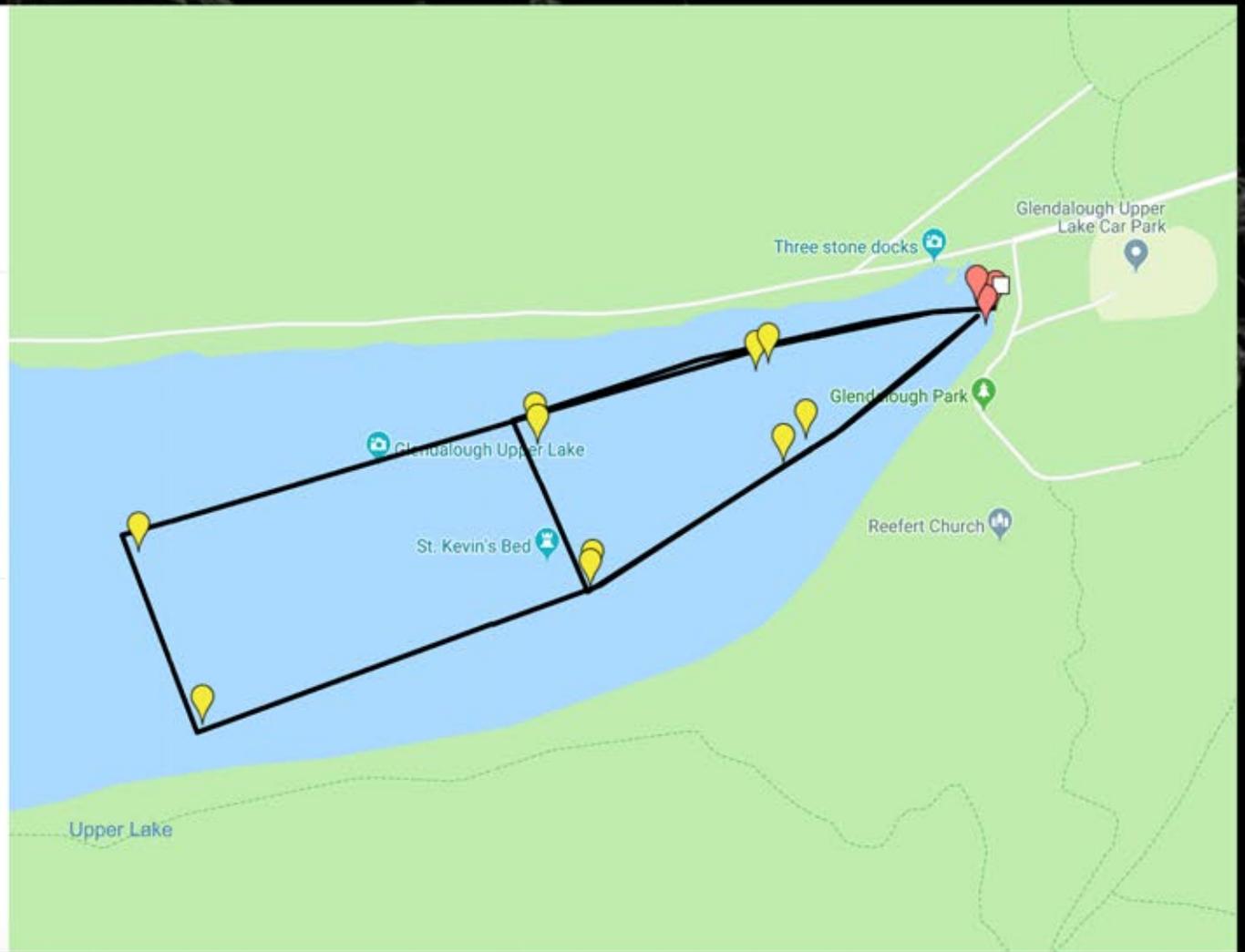


# Swim Course Map - Glendalough 750m & 1.5km

- ✓ **Swim event start set up**
  - 📍 Start / Finish Arch
  - 🏠 Registration tent
  - 📍 Floating start line, left bouy
  - 📍 Floating start line, left bouy

- ✓ **750m course**
  - 📍 750m 1st marker buoy
  - 📍 750m 2nd marker buoy
  - 📍 750m 3rd marker buoy
  - 📍 750m 4th marker buoy
  - 📍 750m swim course

- ✓ **1.5km course**
  - 📍 1.5km 1st marker buoy
  - 📍 1.5km 2nd marker buoy
  - 📍 1.5km 3rd marker buoy
  - 📍 1.5km 4th marker buoy
  - 📍 1.5km 5th marker buoy
  - 📍 1.5km 6th marker buoy
  - 📍 1.5km course





# Swim Course Map - Glendalough 3.9km

## Swim event start set up

- Registration tent
- Start / Finish arch
- Floating start line, right buoy
- Floating start line, left buoy
- 3.9km 3rd marker buoy
- 3.9km 1st marker buoy
- 3.9km 2nd marker buoy
- 3.9km 4th marker buoy
- 3.9km 5th marker buoy
- 3.9km 6th marker buoy
- 3.9km swim course





# Water Safety

## Our Safety Measures:

- 1 buoy every 200m approx.
- 1 kayak every 20 swimmers
- 1 powerboat per event
- ambulance onsite

## Swim Safe:

If at any point or for any reason you want assistance just raise an arm and shout to gain the attention of a kayaker. You may use a kayak as a float ( to take a rest, adjust your goggles etc) and still continue the swim afterwards. If you need to leave the water a powerboat will ferry you back to the start point. Please DO NOT ever leave the water without bringing it to the attention of one of the water safety staff.

## Use of Tow Buoys

Again, it is your choice if you wish to tow a buoy. We do not stipulate either way.



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# Medical Advice

## Irish Climate

We are a country with a wild climate and just because its summer does not mean it'll be warm. So please be aware of the forecast for the event and dress appropriately, bring warm clothes and hats, especially for afterwards. We provide free warm drinks on site and ambulance cover to aid heating up.

Be ready for when the sun shines too! Wear sunscreen and hydrate. It's what we all wait for but so often are not ready for when it happens.

These uncontrollable weather conditions are what we love about open water swimming and Ireland - prepare for it and embrace it!

The fun thing about Open Water swimming is its challenges. Open water and the weather make open water swimming very different from day to day and much more challenging than pool swimming. Take this into consideration when planning to do one of our events. See our website for tips on overcoming these

<http://openwaterswimmer.ie/index.php/swim-tips/swimtips>





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