

**FINAL RACE INFORMATION
SWIMSHOP BIG SWIM NOTTINGHAM
NATIONAL WATER SPORTS CENTRE, HOLME PIERREPONT, NOTTINGHAM
SATURDAY 6TH JULY 2013**

Please note that all athletes will be required to show some form of photographic identification

Welcome

Here's all the information you need to ensure your swim goes as smoothly as possible. Read it, remember it, and if you're not sure about it get in touch via info@onestepbeyond.org.uk

Headline Partner - Swimshop

We are pleased to confirm that Swimshop are the headline partner of the Big Swim Nottingham. The leading swimwear retailer in Britain is run by former Olympian, Gaynor Willis (Stanley). Take a look for all your swimwear and equipment needs.

<http://www.swimshop.co.uk>

Race Weekend Schedule

DATE	TIME	EVENT	LOCATION
FRIDAY 5 th July	12:00 - 17:00	REGISTRATION – ALL EVENTS	NATIONAL WATER SPORTS CENTRE LARGE MARQUEE – GRASSED AREA
	12:00 - 17:00	RETAIL EXPO	NATIONAL WATER SPORTS CENTRE LARGE MARQUEE – GRASSED AREA
SATURDAY 6 th July	10:00 - 17:00	REGISTRATION – ALL EVENTS	NATIONAL WATER SPORTS CENTRE LARGE MARQUEE – GRASSED AREA
	10:00 - 17:00	RETAIL EXPO	NATIONAL WATER SPORTS CENTRE LARGE MARQUEE – GRASSED AREA
	11:30	5K SWIM REGISTRATION CLOSES	NATIONAL WATER SPORTS CENTRE LARGE MARQUEE – GRASSED AREA
	12:00 – 14:30	5K EVENT	NATIONAL WATER SPORTS CENTRE BOTTOM END OF LAKE - BOAT HOUSE AREA
	14:00	3K SWIM REGISTRATION CLOSES	NATIONAL WATER SPORTS CENTRE LARGE MARQUEE – GRASSED AREA
	14:30 – 16:00	3K EVENT	LARGE MARQUEE – GRASSED AREA BOTTOM END OF LAKE - BOAT HOUSE AREA
	15:30	1.5K SWIM REGISTRATION CLOSES	NATIONAL WATER SPORTS CENTRE LARGE MARQUEE – GRASSED AREA
	16:00 – 17:00	1.5K EVENT	NATIONAL WATER SPORTS CENTRE BOTTOM END OF LAKE - BOAT HOUSE AREA
SUNDAY 7 th July	06:00 - 23:00	OUTLAW TRIATHLON COME ALONG & ENJOY THE RACE	NATIONAL WATER SPORTS CENTRE SEE COURSE MAPS

Directions to National Water Sports Centre

From the South: Turn off at junction 24 of the M1 take the A453 to Nottingham and then the A52 to Grantham. Follow signs to the National Water Sports Centre.

From the North: Turn off at junction 26 of the M1 take the A610 and then the A52 to Grantham. Follow signs to the National Water Sports Centre. The National Water Sports Centre is 5 minutes from Nottingham train station

Sat-Nav users are advised to use the name National Water Sports Centre rather than the postcode as some Sat-Nav's will direct you to Colwick Race Course as opposed to the Centre. Download a [PDF version](#) of the directions to National Water Sports Centre. (You will need Adobe Reader to view this file).

Car Parking

Over the weekend, we will be using various car parks based around the National Water Sports Centre, please follow the Car Park signs & car parking stewards when you arrive. Please note that we would recommend that no valuables are left in the vehicles at all & that anything valuable is kept in secure lockers at the National Water Sports Centre. All vehicles are parked at owners own risk.

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Spectators – Where to go

Perfect viewing areas are available around the National Water Sports Centre, none better than the purpose built grandstand. For those who fancy following the swim a grassed bank runs along both sides of the lake. Spectators will be welcome and encouraged to follow the swim from the grassed banks.

Race Registration - Friday 12:00 – 17:00 / Saturday 10:00 – 15:30

Competitors will have 2 options for registering at the event – Friday (5th) 12:00 – 17:00 or Saturday (6th) from 10:00 onwards. The registration will take place in the large marquee on the grassed area above the main grandstand. All competitors must be registered no later than 30 minutes prior to the race start time, please do not be late.

Ensure that before registering you know your race number. Your race number can be found on the event start list on our race website or on the board outside the registration area. Finally please remember that you will be required to show some form of photographic identification (photocopies are fine).

At registration you will be issued with your security wristband, swim cap & timing chip.

Changing Facilities

The venue has adequate changing facilities and hot showers, which are positioned in the main building and are clearly signed.

The Swim

The swim will take place in the manmade lake at the National Water Sports Centre. All swimmers will be required to pass over a check mat before starting the swim. All swimmers will need to pass the check mat a minimum of 10 minutes before the start time. The swim will start in the water using the two left hand bays. This means that the swim start will be approximately 50 metres wide.

The swim route is very simple. Each of the swims will start on the left hand side & swim in a clockwise direction. The swim will follow these simple routes:

5000m – this will be a **2 loop course** swimming to the LARGE CIRCULAR ORANGE BLUE SEVENTY buoy, turn 90' right, swim to the 2nd LARGE CIRCULAR ORANGE BLUE SEVENTY buoy, turn 90' right, then head directly to the finish gantry. After completing it for the first time head across the tarmac and complete it again. The smaller yellow & orange buoys are for sighting only.

3000m – this will be a **2 loop course** swimming to the LARGE CIRCULAR ORANGE BLUE SEVENTY buoy, turn 90' right, swim to the 2nd LARGE CIRCULAR ORANGE BLUE SEVENTY buoy, turn 90' right, then head directly to the finish gantry. After completing it for the first time head across the tarmac and complete it again. The smaller yellow & orange buoys are for sighting only.

1500m – this will be a **single loop course** swimming to the LARGE CIRCULAR ORANGE BLUE SEVENTY buoy, turn 90' right, swim to the 2nd LARGE CIRCULAR ORANGE BLUE SEVENTY, turn 90' right, then head directly to the finish gantry. The yellow & orange buoys are for sighting only.

Remember for 99% of the event, you will only be a few metres from the water's edge. There will be a full swim safety team with medical support during the swim. If you require any assistance, then if you are able, please make yourself known to one of the safety team. The water safety team will then help & support you. If required, one of the safety boats will transfer you back to the start. If you require any help at all, then please make as much noise as possible to attract attention. You are not allowed to hold onto any safety boats for a rest. If you are seen to be struggling or swimming on your back, you will be rescued into one of the safety boats & then returned to the swim start.

Once you have completed the whole of the swim course, you will exit via the slip way under the Finish gantry. Please be careful as you exit the water so that you do not slip. You will pass over a timing mat & that is the point where your finish time will be taken.

Age Restrictions

The minimum age restrictions for these events are as follows:

5,000m Swim	15 years by 6 th July 2013
3,000m Swim	13 years by 6 th July 2013
1,500m Swim	11 years by 6 th July 2013

Marathon-photos

Marathon-photos.com will be photographing this event. All images will be uploaded to the Marathon-photos website within 48 hours. Visit it at www.marathon-photos.com

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Massage

There will be massage available on the main event area on the Saturday. They will be charging £10 for a 20 minute massage which covers all muscle groups in both legs.

Medical Cover

The safety of our competitors is paramount. Onsite during the event will be a specialist medical company set up to supply the highest calibre of comprehensive medical cover to sporting events such as this. On the day there will be a team of first-aiders and a state registered Paramedic. If before, during or after the event you feel that you require any type of medical care, please do not hesitate to contact an event marshal.

Medical Conditions

If you have any type of medical condition or are taking any type of medication please write a large 'MC' on the front outside of your swimming hat. Please write your medical condition fully on the inside of your swim hat. This will only be used in the event of you being involved in an accident.

Results

Times will be displayed on the plasma screen in the foyer of the main building. Provisional results will be available to download on our [website](#) the Monday following.

Presentation

We will be issuing prizes to the top 3 male & female competitors in each distance. The presentations will take place on the grassed area above the grandstand at the following times:

5K	14:00	3K	15:30	1.5K	17:00
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Withdrawals

The Closing Date has now passed and unfortunately any withdrawing competitor will not be eligible for a race credit. Please note that you are not allowed to give your entry away, all competitors will be asked to show some form of photographic identification before they are allowed to register.

Event Office Closure

The Event Office will be closed from Wednesday 3rd July at 5pm.

Please do not send emails regarding this event after this time, as we will be on site setting up and unable to answer your messages. Please instead ask your questions at the event registration area.

Race Volunteers – Please Help

No event like this can run smoothly without the help of many marshals. If you have friends or family that will be supporting you at the event, why not ask them if they would be willing to give up a couple of hours to help marshal. All marshals will receive an event shirt, food & drink. If you would like further information about becoming a race marshal please email info@onestepbeyond.org.uk.

Other One Step Beyond Events

One Step Beyond Promotions will be organising a number of other multi-sport and running events throughout 2013. These range from children's fun runs and novice pool triathlons to high profile open water triathlon events. For more information about One Step Beyond Promotions and our events please visit www.onestepbeyond.org.uk.

BIG SWIM PARTNERS

Cancer Research UK - Official Charity

By supporting Cancer Research UK you will be helping us find new ways to prevent, diagnose and treat cancer. Cancer Research UK is at the heart of cancer research, funding the work of more than 4,500 researchers, doctors and nurses throughout the UK.

- **Prevention** - we are at the forefront of raising national awareness on the issue of cancer. Campaigns such as the Smokefree Workplaces campaign has helped to save an estimated 600 lives a year. By promoting a healthy and active lifestyle, we can help significantly reduce cancer rates in the UK.
- **Diagnosis** - your money helps us to fund our three national screening programmes for bowel, breast and cervical cancers. Screening for cancer aims to find cancers as early as possible - when the chance of cure is highest. Sometimes screening programmes can find changes that would lead to cancer if they were not treated.
- **Treatment** - Cancer Research UK is at the heart of pioneering new clinical trials, aiming to find safe treatments with fewer side effects, to help patients feel better quicker. Our website CancerHelp UK also allows us to provide helpful information to cancer patients and their families, allowing them access to all the information and support they need.

We can't wait to welcome you on to the team. Together we will beat cancer.



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Retail Expo

As part of the Big Swim/Outlaw there will be a 3 day exhibition on the grassed area above the grandstand, which is open to both competitors and spectators. We will have a number of retailers who will be exhibiting throughout the 3 days, these include:

Blue Seventy

Since 1993, blueseventy has designed, tested, refined and crafted wetsuits and swimskins that transcend the confines of what is possible.

In the process, they've carried world-class athletes to victory and instilled confidence in beginners.

We swim. We compete. We obsess – poring over details that others have and will continue to miss; revolutionary details that equate to comfort, freedom from restriction and competitive advantage.

We make products that empower swimmers to achieve their personal bests.

We are swimming.

We are blueseventy.

www.blueseventy.co.uk

Compressport

Your perfect racing and recovery partner available to buy at the Big Swim/Outlaw Expo.

www.compressport.uk.com

High 5 - Nutrition Partner

High 5 will be providing nutrition between the laps on the 5K & 3K swims, EnergySource Citrus and Energy Gels in a mix of flavours. Fuel your way to success!

<http://www.highfive.co.uk>

The Triathlon Coach – Partner In Crime

The experts in coaching triathletes, head coach Simon Ward will be there to see you on the finish line.

<http://www.thetriathloncoach.com>

Thanks

It takes a great amount of work to organise an event such as this. Special thanks go to our Team of Officials that help to organise all of our events, Nottinghamshire County Council, Nottingham City Council, Rushcliffe Borough Council, Sport Nottinghamshire all of our sponsors and finally you the athlete.

Further Information

Any questions related to the event can be answered by emailing info@onestepbeyond.org.uk.

You can chat to other outlaws and ask questions via www.Facebook.com/OutlawTriathlon.

You can also follow us on twitter via @OutlawTriathlon.

All the information here is believed to be true at the time of going to press. Changes may be required ensuring that the event is organised safely and within the law, these changes may be made without notification. The organiser has the final decision. This information is the Copyright of One Step Beyond Promotions, reproduction of this text or style is forbidden.

