



## EVENT INFORMATION

# BRAMCOTE FAMILY AQUATHLON

Sunday 9<sup>th</sup> June 2019

The Bramcote Family Aquathlon is a fantastic event for families. This is a team event with the choice of completing this event as a relay (one family member completing the swim, the other completing the run) or staying together at all times (swim together and run together). Teams can consist of up to two children per for adult.

### PRE-EVENT

#### What will I need?

- Swimming costume / trunks or Tri suit.
- Goggles (if you wear them)
- Footwear and clothing for running
- Drinks bottle, snacks

#### When does it start?

The first set of swimmers will start at 17.00. The pool manager will start swimmers in 5 minute waves. You will be allocated a swim time on arrival at the event. If you are completing the event as a relay, please let the Pool Manager know who is doing the swim and who is doing the run.

#### What happens at registration?

Please register at Reception at 16.30, 30 minutes before the start of the event. You will be given your swimming time slot. Please declare any medical conditions.

#### Where do I leave my things?

The transition area will take place outside the Splash Pool Fire Exit. Only competitors will be allowed into the transition area. Spectators may watch from the outside for the run and in the spectators seating for the swim.

Please familiarise yourself with transition so that you know where you are going once the race starts. Please be aware the transition area will be in constant use and a member of staff will supervise this area.

Before you start your swim you must set up your running equipment/clothing in transition. You will need trainers and any additional clothing you wish to put on after your swim for the run section of the event. ALL FOOTWEAR AND CLOTHING MUST BE LEFT IN TRANSITION. Swimmers can go to the changing rooms after their swim to get dressed but must still exit through splash pool fire exit.



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### THE EVENT!

#### **Swim it!**

The swim will take place in the Main Pool at Bramcote Leisure Centre. Please arrive on poolside 15 minutes before your start time. Please enter the poolside through the changing rooms on the first floor landing. Please notify the pool Manager on arrival at poolside.

The pool manager will call you over before the start of your swim. *You must swim 200 metres. This is 8 lengths of a 25 metre pool.*

You must count your own lengths. There will be 6 lanes in use. You may overtake in your lane if you wish.

If you are completing this as a team, then all team members will get in the water at the same time. Upon completion of the 8 lengths, all team members will leave the pool at the same time. If one team member finishes the 8 lengths quicker than the other team members then they can vacate the pool, but must wait on pool side for their other team members before heading out to transition.

If a child is not swimming and doing the run only, there will be a designated area for them to wait. Please be aware they are your responsibility. The swimmer can then collect the child to complete the run element of the event.

Once you have completed the swim, exit the pool area via the fire exit and proceed to transition. After finding your clothes and trainers you can start to prepare for your run.

#### **Run it!**

Please follow the roped area. PLEASE BE CAREFUL ON THE GRASS BANK, AS THIS CAN BE SLIPPY WHEN WET.

Follow the signs and marshalled course to the turnaround point and then retrace your steps to the finish. You will complete approximately 2km.

You are responsible for your own children at all times throughout the event and you must have them sight of them at all times.



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### FURTHER INFORMATION

#### **Directions to the event**

Bramcote Leisure Centre is located on Derby Road on the A52. From junction 25 of the M1, take the exit for the A52 Nottingham. At the first roundabout take the second exit to continue on the A52 Nottingham. At the second roundabout (Bramcote Island) continue through the middle of the island to continue on the A52 Nottingham (this is the 3rd exit). Shortly after leaving the roundabout take the 1<sup>st</sup> exit into the Leisure Centre car park. The postcode for the event is **NG9 3GF**.

#### **Car Parking**

There will be parking in Bramcote Leisure Centre for competitors and spectators.

#### **First Aid**

First Aid will be available on site.

#### **Additional Information and questions**

For further information please contact [Helen.kirk@lleisure.co.uk](mailto:Helen.kirk@lleisure.co.uk) or call 0115 9173585.