



# Go Swim Loch Lomond, 7<sup>th</sup> Sept 2019 Athlete Briefing

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# Welcome to Go Swim Loch Lomond

We are delighted to be hosting the inaugural Go Swim Loch Lomond in 2019 with race distances suitable for everyone including:

- 250m
- 750m
- 1500m
- 3000m
- 5000m
- 10000m
- Aquathlon

Please respect the physical challenge you have set yourself and don't attempt it if you are feeling at all unwell and ensure you are properly prepared and trained for the event.

We are sure you will have many questions relating to the race and the associated organisation and activities. We will attempt to give you as much information as possible within this Athlete Guide but if you have any additional questions bring them to the race briefing or email us at [info@durtyevents.com](mailto:info@durtyevents.com). All additional race information and route maps will be available at <https://go-swim.uk>

Please be advised that aerial footage of the event will be captured by Droneteq, a fully insured and Civil Aviation Authority Approved Drone Operator. All operations will be carried out by qualified and trained Drone Pilots and in keeping with company operational and safety procedures. For more information please contact [info@droneteq.co.uk](mailto:info@droneteq.co.uk)

If you are taking your own images to post on social media don't forget to tag us @DurtyEvents and use the #GoSwimLochLomond!

# Athlete Registration

Athlete registration will take place in the Event Village Located next to the Duncan Mills Memorial slipway. You will receive your full race pack at registration including your timing chip, Swim Cap and race number for Aquathlons. Please see event schedule for registration opening times.

On arrival at registration, find your race number from the lists displayed at the entrance, these will also be available on <https://go-swim.uk/> prior to race day. Then proceed to the registration desk.

For the Aquathlon you will be required to show your Triathlon Scotland/British triathlon Race Licence if appropriate.

We will have a bag drop area adjacent to the Registration area.



# Swim Event Schedule

Make sure you plan your travel ahead of the weekend and leave plenty of time to get to the start and prep for your swim or Aquathlon. Check your wave start times and plan from there.

<b>06:30</b>	<b>Event Site and car park opens</b>
<b>06:45 -12:00</b>	Registration & race pack pick up at The Event Village adjacent to the Duncan Mills memorial Slipway Pier Rd, Balloch, Alexandria G83 8QX
<b>07:30</b>	10Km and 5Km wave Start Pen Check in Opens
<b>07:50</b>	10Km and 5Km wave Start Pen Check In closes
<b>07:50</b>	10Km and 5Km wave warm up and safety briefing
<b>08:00</b>	Start of 10Km and 5Km wave
<b>08:30</b>	3Km wave 1 Start Pen Check in Opens
<b>08:50</b>	3Km wave 1 Start Pen Check In closes
<b>08:50</b>	3Km wave 1 warm up and safety briefing
<b>09:00</b>	Start of 3km wave 1
<b>09:30</b>	3Km wave 2 Start Pen Check in Opens
<b>09:50</b>	3Km wave 2 Start Pen Check In closes
<b>09:50</b>	3Km wave 2 warm up and safety briefing
<b>10:00</b>	Start of 3km wave 2

<b>10:05</b>	1.5km wave 1 Start Pen Check in Opens
<b>10:20</b>	1.5km wave 1 Start Pen Check In closes
<b>10:20</b>	1.5km wave 1 warm up and safety briefing
<b>10:30</b>	Start of 1.5km wave 1
<b>10:35</b>	1.5km wave 2 Start Pen Check in Opens
<b>10:50</b>	1.5km wave 2 Start Pen Check In closes
<b>10:50</b>	1.5km wave 2 warm up and safety briefing
<b>11:00</b>	Start of 1.5km wave 2
<b>11:05</b>	250m wave Start Pen Check in Opens
<b>11:20</b>	250m wave Start Pen Check In closes
<b>11:20</b>	250m wave warm up and safety briefing
<b>11:30</b>	Start of 250m wave
<b>11:35</b>	750m wave Start Pen Check in Opens
<b>11:50</b>	750m wave Start Pen Check In closes
<b>11:50</b>	750m wave warm up and safety briefing
<b>12:00</b>	Start of 750m wave

## Medal ceremonies will be held in Athlete Village

Awards will be given for the first three males and first three females in each swim distances – adult and junior.

In The Aquathlons we will award the first three boys and first three girls in the junior race and the first three males and the first three females in the Adult race.

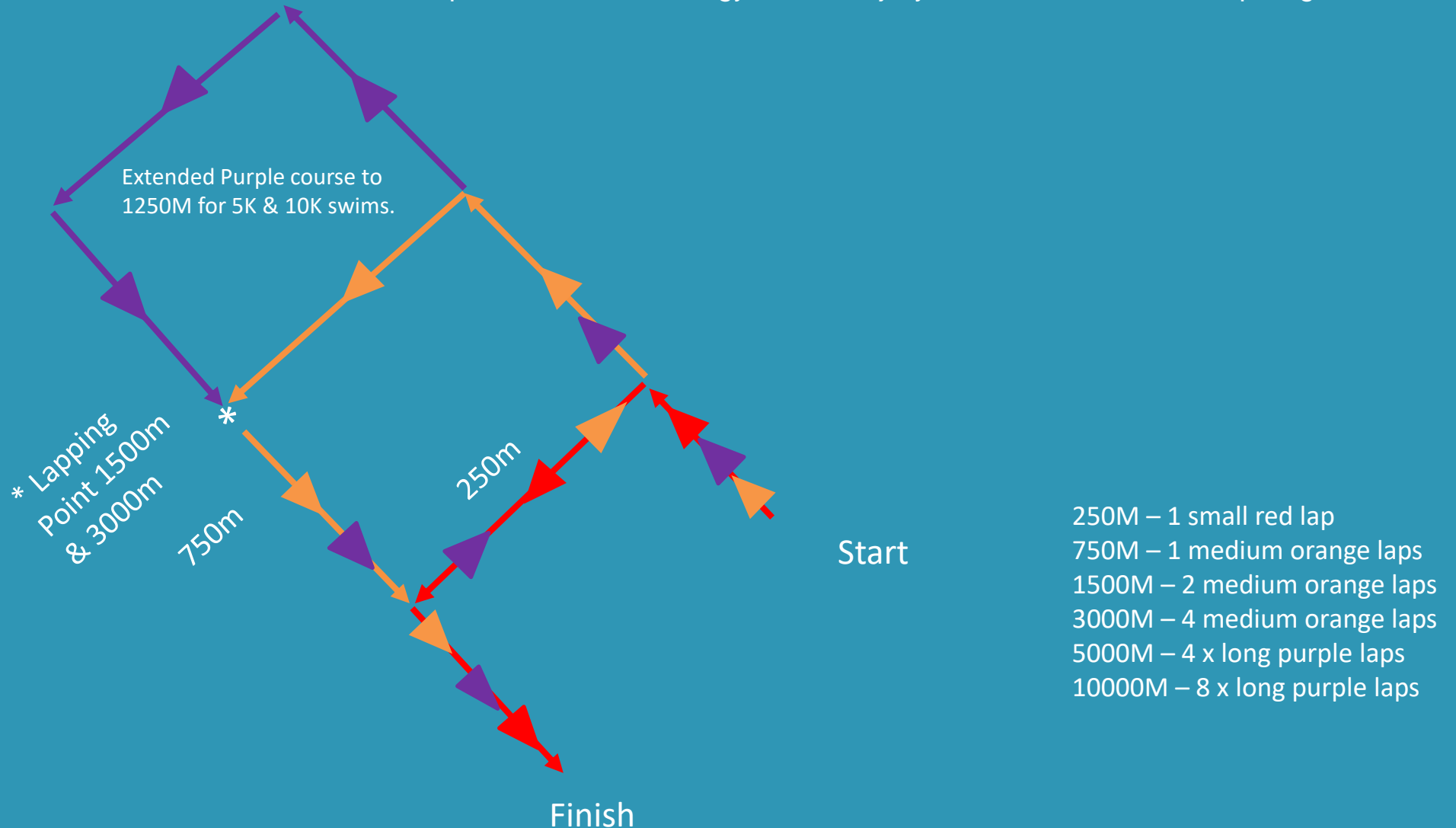
<b>12:05</b> Male and Female 5k and 10K award ceremony
<b>12:20</b> Male and Female 1.5k and 3K award ceremony
<b>15:00</b> 250m, 750m Swim Male and Female award ceremonies and Aquathlons

# Swim Course

For the 3000m, 1500m, 750m you will swim a 750m course and complete the number of laps according to your distance.

For the 5000m and 10000m you will swim an extended version of the 750m course a 1250m completing 4 laps for the 5000m and 8 laps for the 10000M.

Hydration: there will be a boat moored at a turn point with water, energy drink and jelly babies for swimmers requiring nutrition.



# Swim Caps

Your coloured swim cap corresponds to the coloured wave you are in.

<b>10K</b>	Blue Cap
<b>5KM</b>	Pink Cap
<b>3KM Wave 1</b>	Pink Cap
<b>3KM Wave 2</b>	Yellow Cap
<b>1.5KM Wave 1</b>	Blue Cap
<b>1.5KM Wave 2</b>	Pink Cap
<b>250M</b>	Yellow Cap
<b>750M</b>	Blue Cap
<b>Jnr Aquathlon</b>	Red Cap
<b>Adult Aquathlon</b>	Green Cap

# Kit Checklist

Below is a list of items we recommend you bring with you to the race.

- Photo ID
- Race Licence (if you are a member of Triathlon Scotland and taking part in the Aquathlon)
- Warm Clothing
- Trisuit/Clothing
- Race Number Belt (Aquathlon Only)
- Wetsuit and swimming costume
- Swim Goggles
- Lubricant – For wet suit
- Additional Swim Hat (Neoprene Recommended) – You will be given a Swim Cap at registration appropriate to your wave time which must be worn over the top of any additional hat.
- Nutrition
- Running shoes (Aquathlon Only)
- Sunglasses
- Sun Cream
- Hat
- Midge repellent

Lomo will have wetsuit hire available on the day, please pre book via [admin@lomo.co.uk](mailto:admin@lomo.co.uk) to secure yours!



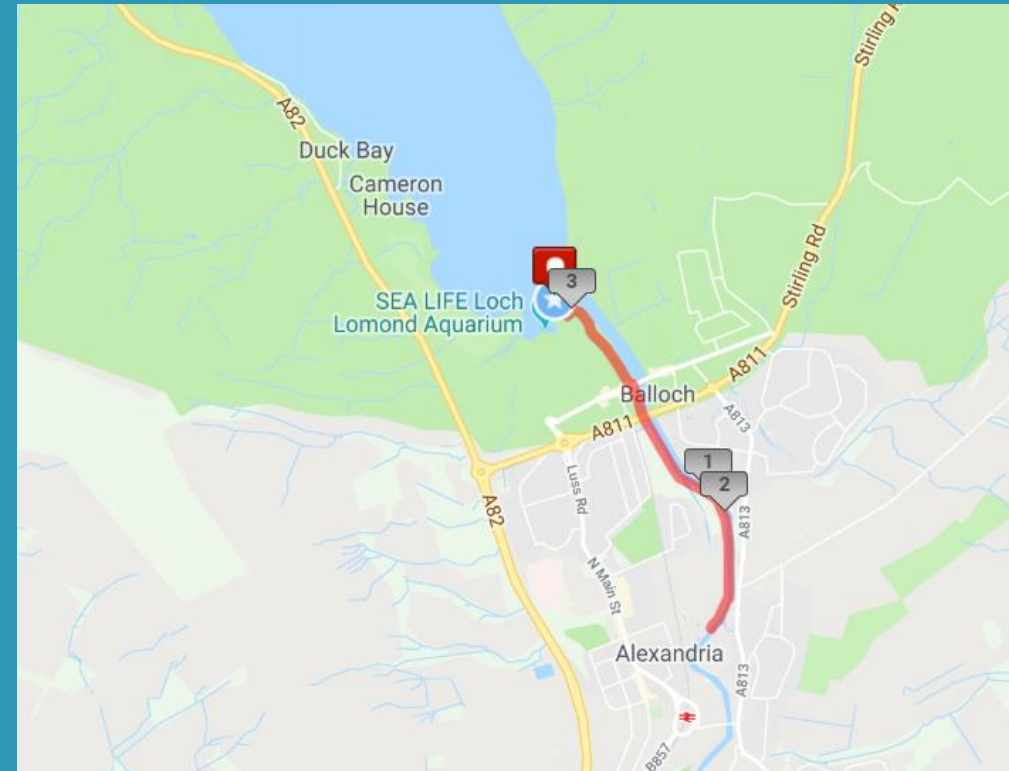
# Aquathlon Event Schedule & Run Course

From 11:00	Registration & race pack pick up at The Event Village adjacent to the Duncan Mills memorial Slipway Pier Rd, Balloch, Alexandria G83 8QX
12:45- 13:00	Athlete briefing
13:00	Aquathlon Transition Opens
13:30	Junior Aquathlon Starts
13:40	Adult Aquathlon Starts

## Medal ceremonies will be held at 3pm

In The Aquathlons we will award the first three boys and first three girls in the junior race and the first three males and the first three females in the Adult race.

We will use a slightly adjusted 750 m swim course. The run GPX can be downloaded [here](#). The junior route will make a earlier turn on this course.



# Aquathlon Age Groups

<b>Tristars 2</b>	<b>11 – 12   250m Swim / 2K Run</b>
<b>Tristars 3</b>	13 – 14   250m Swim / 2K run
<b>Youth A</b>	15 – 16   750m Swim / 5K Run
<b>Youth B</b>	17   750m Swim / 5K Run
<b>Junior C</b>	18 – 19   750m Swim / 5K Run
<b>Senior</b>	20 – 39   750m Swim / 5K Run
<b>Vet</b>	40 – 49   750m Swim / 5K Run
<b>Super Vet</b>	50 – 59   750m Swim / 5K Run
<b>Vintage</b>	60+   750m Swim / 5K Run

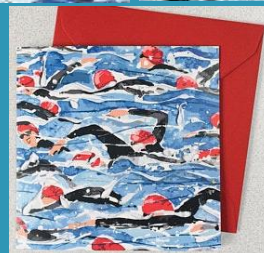
Prizes will only be awarded to first three male and females across the line. Results will show position in category.

# Athlete Village

We will have a variety of exhibitors in our athlete village on event day, please visit them before or after your swim and help support this event!



## Andrea Hall Art



# Event Site Plan



# How to Get There

## By Car...

### From the South (M74/M6)

The M74 joins the M8 in Glasgow, on the M8 follow for Loch Lomond and Greenock until you get to Junction 30. Leave the M8 at Junction 30, for the Erskine Bridge. Over the bridge, join the A82 following signs for Crianlarich (left hand cut off). Stay on the A82 for approximately 10 miles. You will come to a roundabout indicating Balloch to the right, take this exit (this is the big roundabout with the wooden structure depicting flying geese!). At the next two roundabouts take a left. Loch Lomond Shores is directly in front of you.

### From the North

We are located just off the A82 heading towards Glasgow. Once you have passed Tarbet you have another 16miles of stunning scenery along the lochside until you get to the roundabout for Balloch (this is the big roundabout with the wooden structure depicting flying geese!), where you should take a left. At the next two roundabouts take a left. Loch Lomond Shores is directly in front of you.

### From the East

Follow the M8 westbound heading for Greenock. Leave the M8 at junction 30, for the Erskine Bridge. Over the bridge, join the A82 following signs for Crianlarich (the left-hand slip-off). Stay on the A82 for approximately 10 miles. You will come to a roundabout indicating Balloch to the right, take this exit (this the big roundabout with the wooden structure depicting flying geese!). At the next two roundabouts take a left. Loch Lomond Shores is directly in front of you.

## By Public Transport...

### By Train...

A short walk from Balloch train station – trains directly from Glasgow Queen Street Monday to Saturday or from Glasgow Central on a Sunday. Visit [Traveline Scotland](#) for information on all bus and train timetables.

### By Bus...

First Bus Service 1, 1A, 1B, 1C, 1E will take you to Balloch from Glasgow, Clydebank, Dumbarton, Helensburgh and you can then stroll down the riverside walk to us, or you can hop on the 207 from Balloch bus stance right to our door.

Visit [Traveline Scotland](#) for information on all bus and train timetables. Plan your journey [here](#).

### By Bike...

There are great bike links to our site. There are Cycle Routes from Glasgow available, a great family friendly choice. It is a 20mile route so plan your timings carefully.

You can also catch the Cycle Route Stoneymollan from Helensburgh or cycle from the North on the West Loch Lomond Cycle Path. There are bike racks at Loch Lomond Shores, which you can use but bring a lock, we cant take any responsibility for bike security

# Where to Park

Designated event parking is outlined below, please ensure you use our official parking.





GLENEAGLES  
SCOTLAND  
2019

09-15 SEPTEMBER 2019

**JOIN YOUR TEAM**  
**SOLHEIMCUP2019.COM**

**PING**

 **Scotland**  
The Home of Golf

**Aberdeen Standard**  
Investments

 **ROLEX**

# Other information

## Timing and Results

Thistle Timing Ltd will be providing a comprehensive timing race results service. To ensure accurate times and results you must ensure you wear your timing chip whilst racing. It is useful to smear a small amount of lubricant around your ankle to stop any chaffing and we recommend that the chip goes around your left ankle. Using this cutting-edge technology will mean results and category positions will be updated live as athletes pass the finish line. You can also get a print out of your results from the ticket printer at the back of the finish line. When you have finished the race, please remember to return your timing chip to our volunteers in the finish area. Failure to do so will result in a £25 charge being made to the athlete for the loss of equipment.

## Swim Safety

We just want to reassure you that you are in very safe hands while taking part in your swim. We have lots of fully trained water safety kayakers, lifeguards and boats monitoring you all the way around, so you're never far from some friendly support. If you find yourself struggling, or in need of a little breather, just lay on your back and pop your hand up, and one of our safety team will make their way to you to check everything is ok.

## Medical Cover

The safety and welfare of our competitors is paramount. Our Medical team is being led by The Scottish Ambulance service. Onsite during the event will be Paramedics, Doctors and First Aiders all highly experienced at supplying the highest calibre of comprehensive medical cover at a range of sporting events. 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 steward. The medical tent will be located at the finish line to enable any casualties to be treated quickly and efficiently.

## Medical Conditions

We ask that all athletes show a sensible approach towards entering the event and if you feel at all unwell either prior, during or after the event you can either withdraw and or seek assistance from the Medical Team. Please remember to update your Emergency contact information and any medical conditions either at Registration or by emailing us at [info@durtyevents.com](mailto:info@durtyevents.com)

## Finish Line and Athlete Recovery

After you have finished the race you will receive your medal at the finish line and then enter the recovery area. Here you can help yourself to some food and drink. Your timing chip will be taken from you here. The recovery area is an athlete only area.

## Toilets

There will be plenty of toilets located in the athlete village

## Race Volunteers – Please Help

No event like this can run smoothly without the help of many stewards and 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 volunteer. All marshals will receive an event memento, food & drink. If you would like further information about becoming a race volunteer please contact our volunteer coordinator at [info@durtyevents.com](mailto:info@durtyevents.com) You do not require any previous experience or knowledge of triathlon to become a race volunteer; any training required will be given on, or prior to race day.

## Photography

There will be an official event photographer who will be present at the event and will be taking photographs of all competitors. These photographs will be made available to competitors on our website at <https://www.go-swim.uk/> and our Facebook page <https://www.facebook.com/durtyevents/> as soon as they are available.

Finally, many people have put a huge amount of effort into staging this event from volunteers to administrators. Please give these people a smile and a “thank you”, they are worth it. At the finish enjoy your achievement and look after yourself, keep warm, keep drinking and try to eat something, although don't be too surprised if you don't feel too much like eating. Catering will be available both at the swim start and at the finish for spectators and athletes. The Final thank you goes to you, The Athlete, for supporting Go Swim Loch Lomond, we hope you achieve your own personal goals whatever they are.



# Bio Security

Ditch the Hitchhikers: Go Swim Loch Lomond Athlete Guide to Bio Security

What is Bio Security? - Biosecurity means taking action in order to minimise the introduction or spread of invasive non-native species and diseases.

Why should we worry? -The freshwater resources of Loch Lomond and Trossachs National park – its many Lochs, rivers and straths – are of great ecological and economic significance. We love spending time in and on them so protecting them is something we all need to take responsibility for. Freshwater INNS are able to ‘hitchhike’ on our equipment, footwear, clothing and boats. When we move to a new river, tarn or lake, a species may be transferred and may become established, often having devastating effects.

What can we do to help? - as keen outdoor and sports enthusiasts - we all need to help protect the landscapes that we love. The bio security at the Event will involve just a little extra cooperation and organisation by you. You will be required to ensure that your wetsuit is clean and dry before you arrive and that it is cleaned before you leave. The purpose of this is to do our bit to try and stop the spread of invasive aquatic species. Please help us.

The process at the race will be:

1. You will ensure that all equipment to be taken into the water is clean and dry before you arrive on the race morning.
2. If you are taking part in the Aquathlons, after the race and before removing anything else from the transition area, go to the washing point with your wetsuit, goggles, swim cap etcetera and your race number.
3. Check your equipment for obvious vegetation or other aquatic life and remove anything found.
4. Wash all above mentioned equipment in the fresh water and tubs provided.
5. Once done to their satisfaction, a steward will mark your race number to indicate that your equipment has been cleaned.
6. When you later leave the transition area with all of your other equipment show your appropriately marked race number to the transition exit steward who will check it
7. Compliance with this process is essential to ensure that we are able to pursue our sport in such beautiful surrounding

Good luck and enjoy your day from Go Swim Loch Lomond and our partners!

