

SATURDAY 16TH SEPTEMBER

GO SWIM LOCH MORLICH 2023

AVIEMORE



A background image showing two swimmers in wetsuits and swim caps shaking hands in a lake. The swimmer on the left is wearing a yellow swim cap and a black wetsuit with blue accents. The swimmer on the right is wearing a yellow swim cap and a black wetsuit with white accents. They are both smiling and looking at each other. The background is a calm lake with a forested shoreline in the distance.

ATHLETE GUIDE

WELCOME

We are delighted to be welcoming you back to Loch Morlich 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 email us at info@go-swim.uk. All additional race information and route maps will be available at www.go-swim.uk

Please be advised that Photographs of the event will be captured for promotional purposes

If you are taking your own images to post on social media don't forget to tag us @goswimbritain and use the hashtag

#GOSWIMLOCHMORLICH

ATHLETE REGISTRATION



Athlete registration will take place in the Event Village Located on Loch Morlich Beach. 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.

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

We will have a small changing area and bag drop area within the event village

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.

WAVE	DISTANCE	START TIME	SWIM CAP COLOUR
1	10K	08:00	WHITE
2	5K	08:00	RED
3	JUNIOR AQUATHLON	09:00	YELLOW
4	ADULT AQUATHLON	09:00	YELLOW
5	3K	09:45	PINK
6	1.5K	10:15	ORANGE
7	750M	10:45	GREEN
8	250M	12:00	BLUE

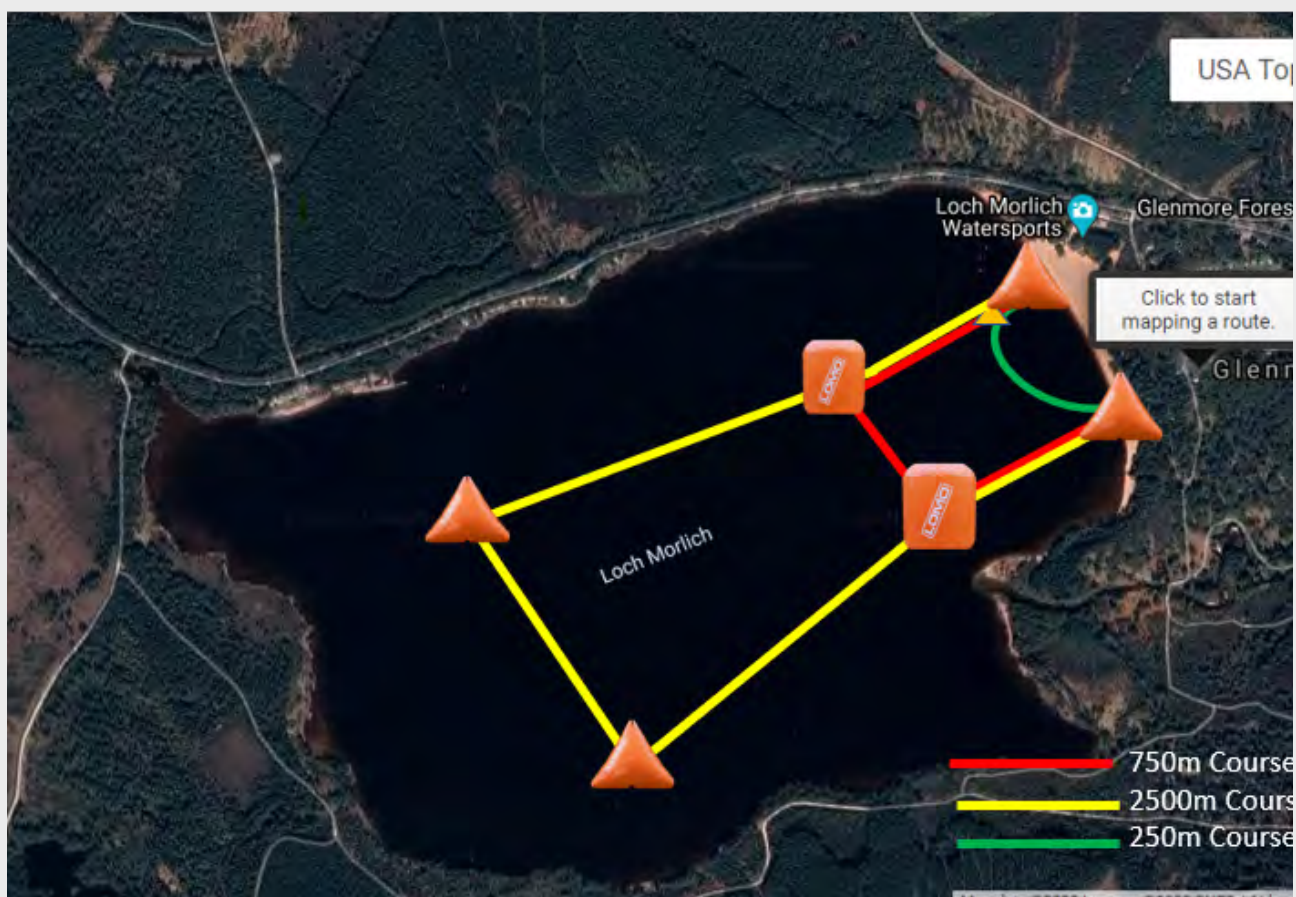
SWIM COURSE

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 the 2500m course, 2 laps for the 5000m and 4 laps for the 10000M.

Swim course is subject to change possibly due to weather conditions.

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.

WAVE	DISTANCE	START TIME	SWIM CAP COLOUR
1	10K	08:00	WHITE
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3	JUNIOR AQUATHLON	09:00	YELLOW
4	ADULT AQUATHLON	09:00	YELLOW
5	3K	09:45	PINK
6	1.5K	10:15	ORANGE
7	1.5K SKINS	10:30	ORANGE
8	750M	10:45	GREEN
9	250M	12:00	BLUE

CHECK LIST

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

Yes we are in the Highland and its early September!

AQUATHLON EVENT SCHEDULE & RUN COURSE

FROM 07:45	Registration & race pack pick up at The Event Village adjacent to the Loch Morlich Water Sports Centre on the beach
08:30	Aquathlon Start Pen Check In Opens
08:50	Aquathlon Start Pen Check In Closes
08:50	Aquathlon Warm Up and Safety Briefing
09:00	Start Of Aquathlon

We will use the 750 m swim course for the Adults and the 250m course for the Junior.
The run GPX can be downloaded.

Adult Route : [Here](#)

Junior Route: [Here](#)

AQUATHLON AGE GROUPS

TRISTARS 2	11 - 12	250m Swim / 2K Run
TRISTARS 3	13 - 14	250m Swim / 2K Run
YOUTH A	15 - 16	750m Swim / 5K Run
YOUTH B	17	750m Swim / 5K Run
JUNIOR C	18 - 19	750m Swim / 5K Run
SENIOR	20 - 39	750m Swim / 5K Run
VET	40 - 49	750m Swim / 5K Run
SUPER VET	50 - 59	750m Swim / 5K Run
VINTAGE	60+	750M / 5K Run

For this year there will be no awards ceremonies but we will publish results and you can see where you faired within your age 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!



HOW TO GET THERE

From the roundabout at the south end of Aviemore follow the signs for 'The Cairngorms' for 5 miles. The car park entrance will appear on the right shortly after you first sight the loch through the trees.

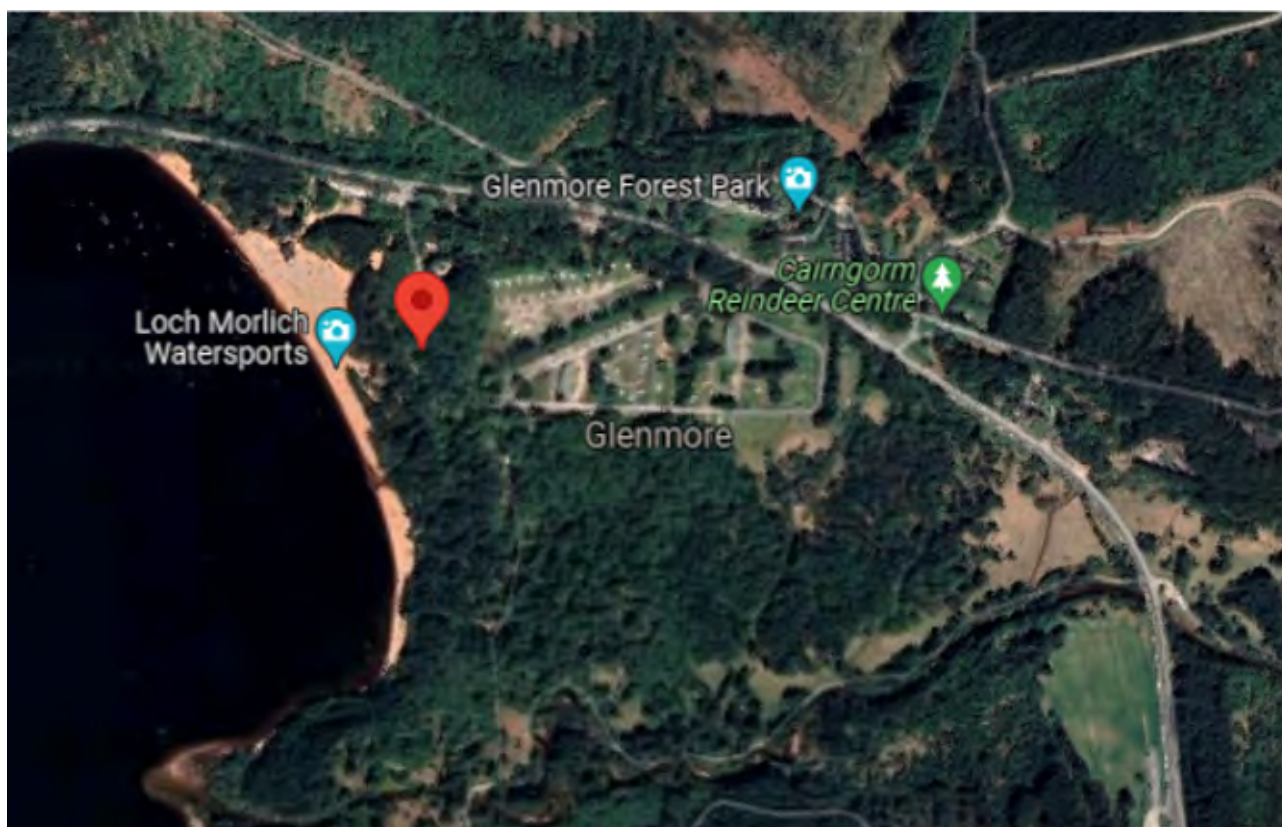
You can cycle here from Aviemore on the Old Logging Way; a superb, safe bike route that runs for 6 miles between Aviemore and the Glenmore Forest Park Visitor Centre.

USING SATNAV?

PH22 1QU is the nearest postcode. Coming from Aviemore, you'll reach Loch Morlich 1 mile before you get to this destination.

WHERE TO PARK

If you have bought parking please use the Event Car Park at The Hay Field which is way marked from Loch Morlich Forestry and Land Scotland parking entrance



There is Parking at the Forestry and Land Scotland but this is limited and you must use Pay and Display

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. Live results will be uploaded to Thistle Timing website [here](#). 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@go-swim.uk

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@go-swim.uk You do not require any previous experience or knowledge of the sport 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 www.go-swim.uk and our Facebook page www.facebook.com/goswimbritain 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 Morlich, we hope you achieve your own personal goals whatever they are.



BIO SECURITY

DITCH THE HITCHERS: GO SWIM LOCH MORLICH 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 Morlich and the Cairngorms – 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

SPONSORS AND SUPPORTERS

MESSAGE FROM OUR SWIM DELIVERY PARTNER LOMO

We are delighted to be a delivery partner on Go Swim Loch Morlich. It is a great privilege and honour for Lomo to be a part of growing the sport here in Scotland and we look forward to another excellent weekend in the beautiful Cairngorms.

Lomo are dedicated to bringing you the best value wetsuits, dry suits, dry bags, watersports and outdoor equipment that money can buy. Here at Lomo we sell our sports gear directly to you through our own website in order to keep the costs as low as possible. Our wetsuits, dry bags and other accessories use only the finest materials, we simply cut out the middle men of other retailers to keep the costs down.

Check out our range of swim gear [here](#).

GO SWIM MERCHANDISE

We will have a full selection of our fabulous Go Swim Merchandise available at Registration but if you cannot wait until then, you can get your hands on one in our online shop.

www.go-swim.uk/shop



GO SWIM
SWIM CAPS

£3.50



GO SWIM
WETSUIT CHANGING MAT/BAG

£15



GIFT
VOUCHER
£20 - £40



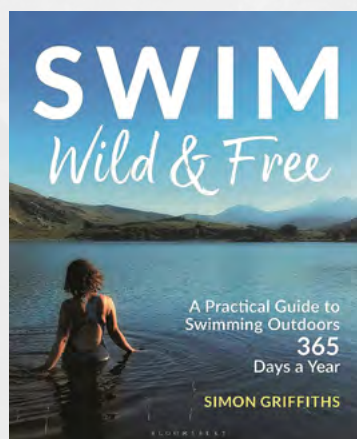
GO SWIM
BOBBLE HAT
£22



GO SWIM
EVENT HOODIE
£25



SWIM SERIES
MEDAL HOLDER
£12



SWIM WILD
& FREE BOOK
SIGNED COPY
£16.99



Forestry and
Land Scotland
Coilltearachd agus
Fearann Alba



GOOD LUCK AND ENJOY YOUR DAY
FROM GO SWIM LOCH MORLICH
AND OUR PARTNERS!