



Salty Sea Dog Long Swim Series 2024

June 8th

July 6th

August 10th



COMPETITOR INFORMATION

PLEASE READ FULLY AND UNDERSTAND

Location: Solent Beach Car Park

Southbourne Coast Road, Southbourne, Bournemouth BH6 4EN

Car Parking:

Car parking is available at the nearby Hengistbury Head Car Park. BH6 4EL

Please be aware of cyclists when entering and exiting as the triathlon will be live. There is parking in the registration car park but only park here if necessary as the cyclists will be using this as an exit/entry from bike transition.

Timings:

09:00 Long Swim registration opens

9:30 Briefing on Start line on the beach

9:40 All swim starts

Registration:

Report your name (the one you used to enter the event with!) to the registration staff and they will issue your bib number.

They will issue you with:

- Timing Chip. To be worn on the left ankle (Note: 8th June will use a timing app not a timing chip)
- Swim hat. To be worn on your head
- Tow Float

Entries on the day:

Entries will be taken on the day. Price is the normal fee plus £5 Cash or card is accepted.

Swim timing:

G Force Events is using DB Max for the event timing. The timing chip is to be worn on your left ankle on the outside of your wetsuit. Please ensure you have handed your timing chip back to the finish staff.

Start:

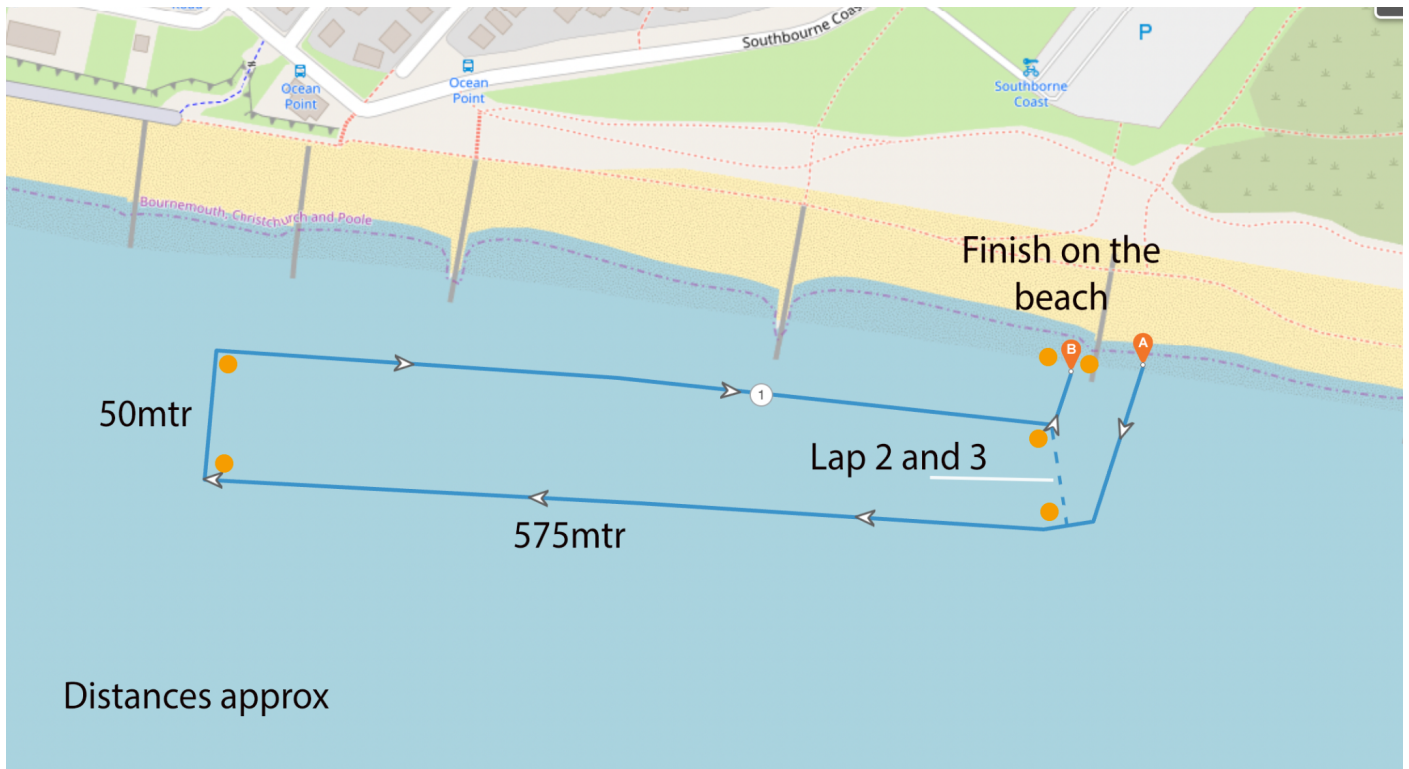
A mandatory briefing will be held on the start line. On completion of the briefing, you will be counted into the start pen. The start will be a running start into the water. Start next to the start flag on the sound of the foghorn.

You might want to wear a pair of flip-flops down to the beach from the car park as it's a couple of 100 meters.

Swim course:

- Swim safety. Lifeguards will be on duty. **If you require assistance whilst in the water please raise one arm in the air**
- Wetsuits are optional but recommended
- You must exit the swim course via the 'Swim exit' tent. Under no circumstances are you to leave the swim without checking out via the swim exit tent. If you have to exit the sea further down the beach for any reason you **must** then return to the swim exit
- This is a lapped course
 - X 2 laps for 2.5km

- X 3 laps for the 3.8km
- X 4 laps for the 5km



The exact layout of the swim course will be determined by the sea conditions on the day. If the sea is deemed to be too rough the swim will be cancelled. Every effort will be made in order for the swim to go ahead.

Adverse weather conditions:

If it is necessary to cancel the swim, we will make every effort to make the decision the day before and ensure all participants are e-mailed. Please do keep a close eye on emails and our Facebook page to keep updated with any cancellations. Please do be aware that predicted conditions and actual conditions on the morning of the swim may differ.

Cut-off times:

- 2.5km - 1hr 30mins
- 3.8km - 1hr 50mins
- 5km - 3hrs

Swimmers over these times will be collected from the water and returned to shore.

Tow Floats:

The event will provide a tow float for all swimmers to use whilst taking part in the swim. The float clips around the swimmer's waist and provides immediate flotation assistance to a swimmer. The float also increases the visibility of the swimmer to the water safety team. The use of the tow float is mandatory.

Changing distance:

If during the swim you change the distance from the event you entered you must tell the finish staff that you have changed. Let them know what distance you had booked for and what you have changed to please.

Finish:

Well done! Once you have passed the finish flags on the beach it's all over!

Deposit your chip with the finish staff.

Cake and coke will be served at the registration tent for finishers.

NOTE: To finish you need to make your way the short distance up the beach to the finish flags. You have not finished when you are still standing in the sea.

If you have done more or less laps than you entered for please tell us at the finish so we can amend your result.

Prize giving:

This will be held shortly after the event finishes at 12:00

Results: Full results will be displayed on the <https://votwo.co.uk/pages/results> website after the event.

Medical:

There will be a medic based in the finish/registration area. If you become a minor or major casualty please make yourself known to any member of staff or water safety team, who will then call the medic to you or get you to the medic.

Bag Store:

Next to the registration tent. Bags left at your own risk

Toilets:

Portaloos located next to the event registration tents

Clothing:

For prepaid clothing and medals please collect from the event shop next to registration. Event T Shirts / Hoodys and medals will be on sale cash or card

Refreshments:

SOBO beach <https://www.sobobeach.co.uk/>

Hiker Cafe <https://hikercafe.co.uk/>

Both are very close by and make a great post race breakfast.

Event photos:

Charles Whitton will be at the event snapping away! Visit www.charleswhittonphotography.com to buy photos

Have a good swim!

GEORGINA BERGER

Director

Georgina Berger

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