



## Race Pack

Welcome to the DOCK2DOCK 10KM SWIM

September 4<sup>th</sup> 2016

This Race Guide contains details about the race, which will help your event to run smoothly on the day. Please read it thoroughly to ensure you are familiar with the registration process and the course prior to race day. Please note that it is compulsory for all athletes to attend the event briefing.

All competitors must have a current NOWCA safety wristband – If you do not already have a band please follow this link to purchase or renew **before August 30th**

<http://www.nowca.org/products/131-nowca-safety-wristband.aspx>

By putting Royal London Docks OWS as your venue you can pick your band up if you choose to train during our regular open water sessions or alternatively your band will be available to pick up before registration along with tow floats. **NOTE: You will not be able to obtain a wristband online or at race entry on the day of the race!**

***YOU WILL NOT BE ABLE TO RACE WITHOUT A CURRENT SAFETY WRISTBAND***

## Location and How to Find Us



London's Dock2Dock Swim is on the waterfront at the western end of the Royal Victoria Docks in East London and is well served by public transport.

### By Bus

See [TfL](#) (transport for London) bus links running closest to Royal Victoria Station

### By Car

You can use either of these addresses in your sat nav. 1 Siemens Brothers Way, London, E16 1GB or 1 Dock Road, London, E16 1AG

### Parking

The Royal Victoria Car Park (L2) offers 750 parking spaces a five-minute walk away and is located behind the Crowne Plaza Hotel on Western Gateway.

There is also paid parking at the Excel Centre.

### By Air

The Centre is within five minutes by taxi of London City Airport which serves over 30 destinations across the UK, Europe and the USA, with connections to the rest of the world through major European hubs.

### By Cable Car

You can get to the Open Water Swimming direct via the [Emirates Air Line Cable Car](#) from the Greenwich peninsular.

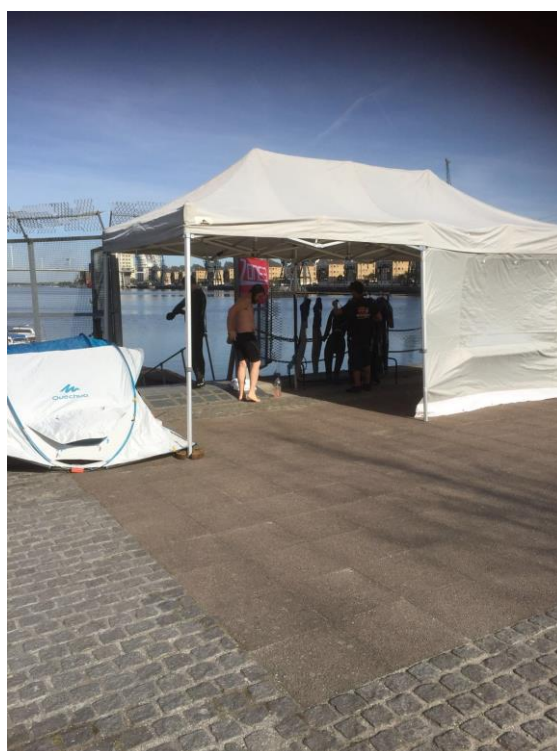
### By [Underground](#) and [Docklands Light Railway \(DLR\)](#)

The nearest station to the Centre is Royal Victoria Station (Zone 3) on the Docklands Light Railway (DLR), only a three minute walk away from the LRDOWS (see aerial picture).

To reach the LRDOWS from the DLR, turn right out of Royal Victoria Station onto Seagull Lane. As you pass the Pumping Station you will come to a small roundabout and will see the Pontoon jutting out into the water, in between the Emirates SkyLine and The Oiler bar straight ahead of you.

## Event Day Schedule

- Venue opens at 6.30am
- Registration opens at 6.30am - 8.00am
- Bag drop opens 6.30am – 8.00am  
All bags must have your name showing & will not be allowed to leave without scanning your wristband to prove ownership
- Mandatory event briefing 8.15am
- Race start 9.00am
- All finishers will receive a medal
- Swim hats will be provided for all competitors



## Event Day Registration

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By putting Royal London Docks OWS as your venue you can pick your band up if you choose to train during our regular open water sessions (please see website for details [www.londonroyaldocksows.co.uk](http://www.londonroyaldocksows.co.uk)) or alternatively your band will be available to pick up before registration along with tow floats. **NOTE: You will not be able to obtain a wristband online or at race entry on the day of the race!**

***YOU WILL NOT BE ABLE TO RACE WITHOUT A CURRENT SAFETY WRISTBAND***

Please come to registration with your NOWCA wristband on your wrist – this will need to be scanned before the event starts to put you into the start list. Failure to do this will mean that we cannot guarantee your time or allow you to start.

## **Facilities**

There are male and female changing tents & secure places to leave your bags during the race. Make sure you put your name, email address and mobile phone number on your bag (we will have swing tags available at registration if you forget)

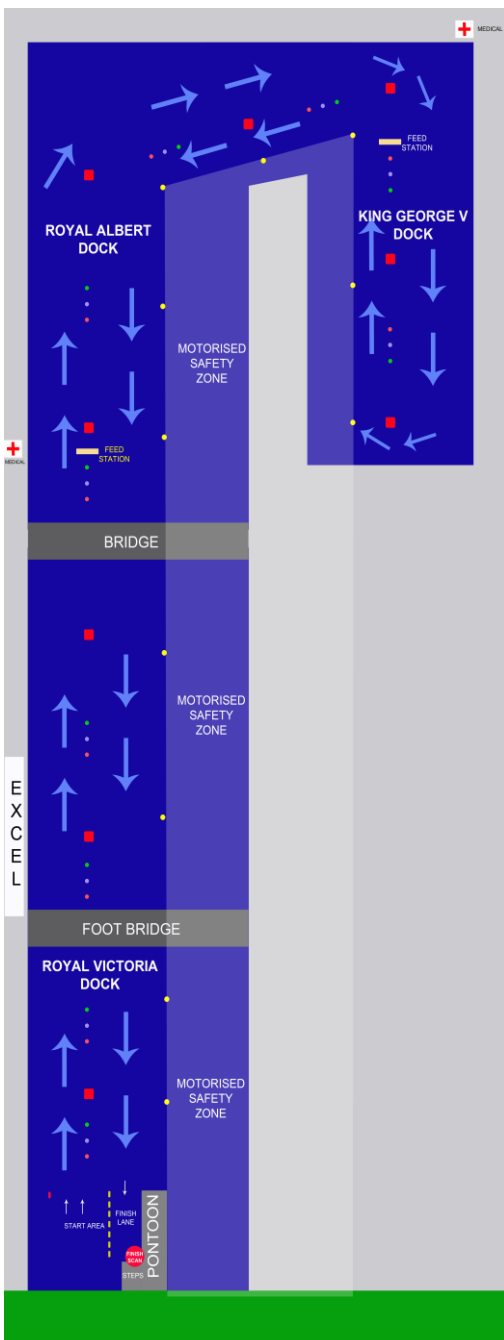
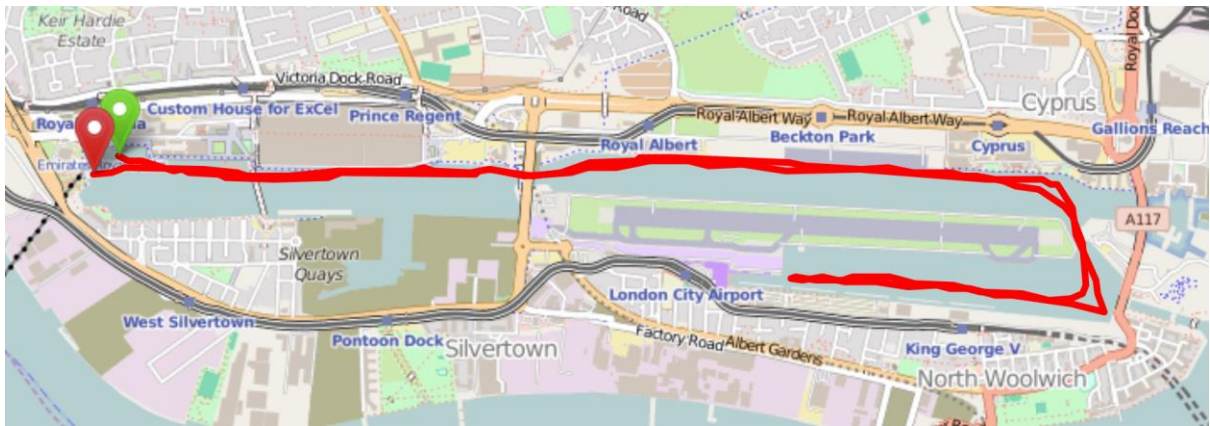
Toilets will be available

## **Tow Floats**

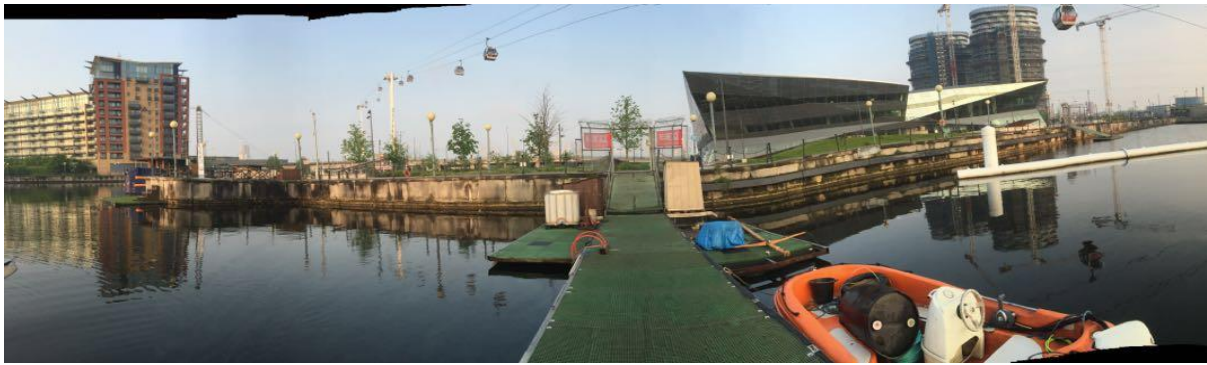
The use of tow floats is one of the main reasons we are allowed to hold a race where we can swim through all three docks for the first time ever!. Tow floats that have been purchased with entry will be available to pick up near registration in the morning however we do recommend you train with your tow float before the event and therefore you can arrange to pick this up when you practice during our regular sessions -[see website](#). All competitors must swim with a tow float during the race. Anyone without one will be asked to leave the water.



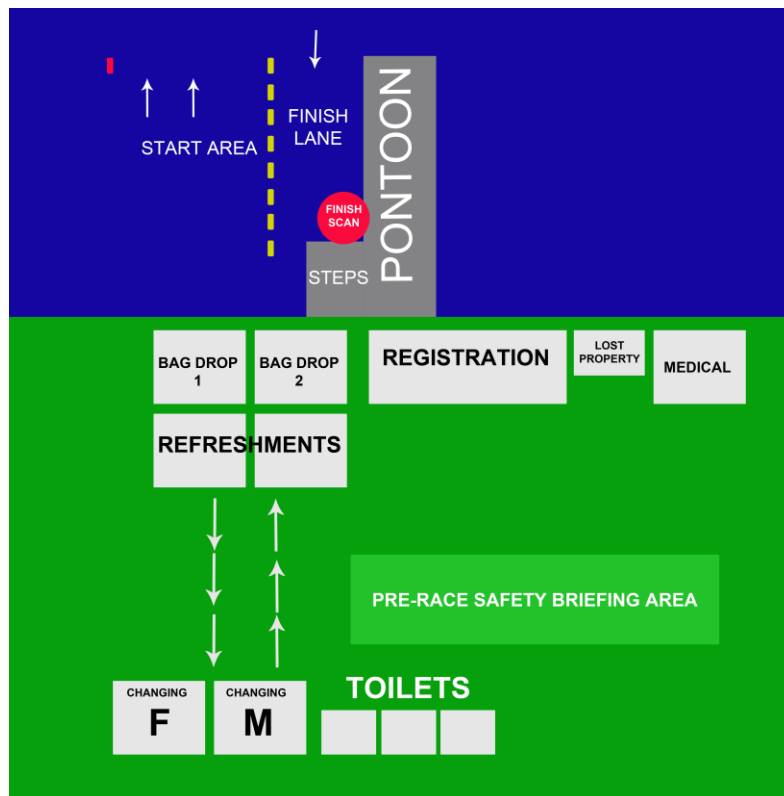
## Course Route/Entry & Exit into the Water



Start & finish will be from the same point. Swimmers will start in one wave in the water from the left side of the pontoon (see diagram) and swim clockwise following the marker buoys. It will be up to the swimmers to navigate the course without any outside help. You must familiarise yourself with the course beforehand and attend the race briefing



**IMPORTANT:** The finish will be marked 'swimmer exit' There will be a roped off funnel in the water. When you enter the funnel you must maintain your position & ensure your wristband is scanned properly at the scanning booth toward the the end of the funnel. You will hear an audible BEEP to let you know this has worked properly. This area will be manned but it is up to you to ensure you scan your wristband correctly. A demonstration will be shown at race briefing. Once you have been scanned you must exit the water.



We will try and allow everyone to safely finish their swim. Due to the safety systems and procedures in place should people take longer than 5 hours we may have to ask them to finish early, or have our safety teams bring them in. Safety of the swimmers is paramount and we will be taking advice and judgement from our head safety marshal. In addition to this we will be monitoring all swimmers and should our medical and safety team feel it is unsafe for any swimmer to continue at any point we may ask you to come in early. We will work with all swimmers to try and ensure they are able to finish the full 10k if it is safe to do so. Our priority is the well-being of swimmers.

## **Safety**

During the event you need to take care and be aware of other competitors in the water. There will be safety boats on the water looking after the swimmers and will not be near any swimmers unless they see a swimmer in difficulty or are dealing with a situation. Should you get into difficulty or have a problem please turn on your back & raise your arm in the air.

First aid will be in attendance.

We will be running the race using the NOWCA safety system – all competitors must have a current safety wristband.

## **Water/Nutrition**

There will be a manned floating station in each dock with water & nutrition which will be provided by one of our sponsors. We will inform you of the details of this as soon as we have them. They will be very visible and pointed out to you along with the feeding procedure at the briefing.

## **Race Briefing**

All competitors must attend the race briefing as any last minute changes, as well as any questions will be answered here – timings above.

Ensure you have fully read all race information and studied the course maps prior to the briefing.

## **Spectators**

We hope that you are training hard for the D2D and part of this being a success is the understanding of family and friends who know that training and time away to do this successfully is important. The support crew / spectators are very welcome to support you during the event. At the briefing there will be a map of the course with key sighting areas that can be walked to. We will also have food and drink available to buy for competitors and spectators at the start / finish area.

## **Awards/Results**

Results & times will be available as you finish and will be emailed to you. The results will also be available online.

Medals will be awarded as you finish.

There will be a prize for the first male and female swimmers across the line. Presentations & publicity will take place as soon as possible after the swimmers exit the water.

## **More information**

If you require any further information prior to the event please contact us directly.

[info@lovesportsevents.co.uk](mailto:info@lovesportsevents.co.uk)