



Race Pack

Welcome to the DOCK2DOCK Event

July 28th 2018

Start time - 10am

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 valid NOWCA safety wristband – If you do not already have a band please follow this link to purchase or renew **before July 24th**

<https://kscan.co/customer/register?org=nowca>

By selecting Royal London Docks OWS as your nominated venue you can collect your band prior to the event if you choose to train during the regular open water sessions or alternatively your band will be available to pick up at registration along with tow floats.

YOU WILL NOT BE ABLE TO RACE WITHOUT A VALID 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 7.30am
- Registration open 7.30am - 9.00am
- Bag drop open 7.30am – 10.00am
All bags must have your name showing - swing tags will be provided.
- Mandatory 10/5km event briefing 9.15am
- Mandatory 1500m event briefing immediately after 10/5km event started approx. 10.15am
- 10/5k Race start 10.00am
- 1500m race start 10.30am immediately after 10/5km
- All finishers will receive a medal and t-shirt
- Swim hats will be provided for all competitors – different colours for 10k/5k/1500m

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Event Day Registration

Registration will take place in The Crystal building. 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 rooms & 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 – 10/5k

The use of tow floats is one of the main reasons we are allowed to hold a race where we can swim through the docks! Tow floats that have been purchased with entry will be available to pick up at registration on 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 in the 10k & 5k event must swim with a tow float during the race. Anyone without one will be asked to leave the water.

1500m event competitors do not have to swim with a tow float.

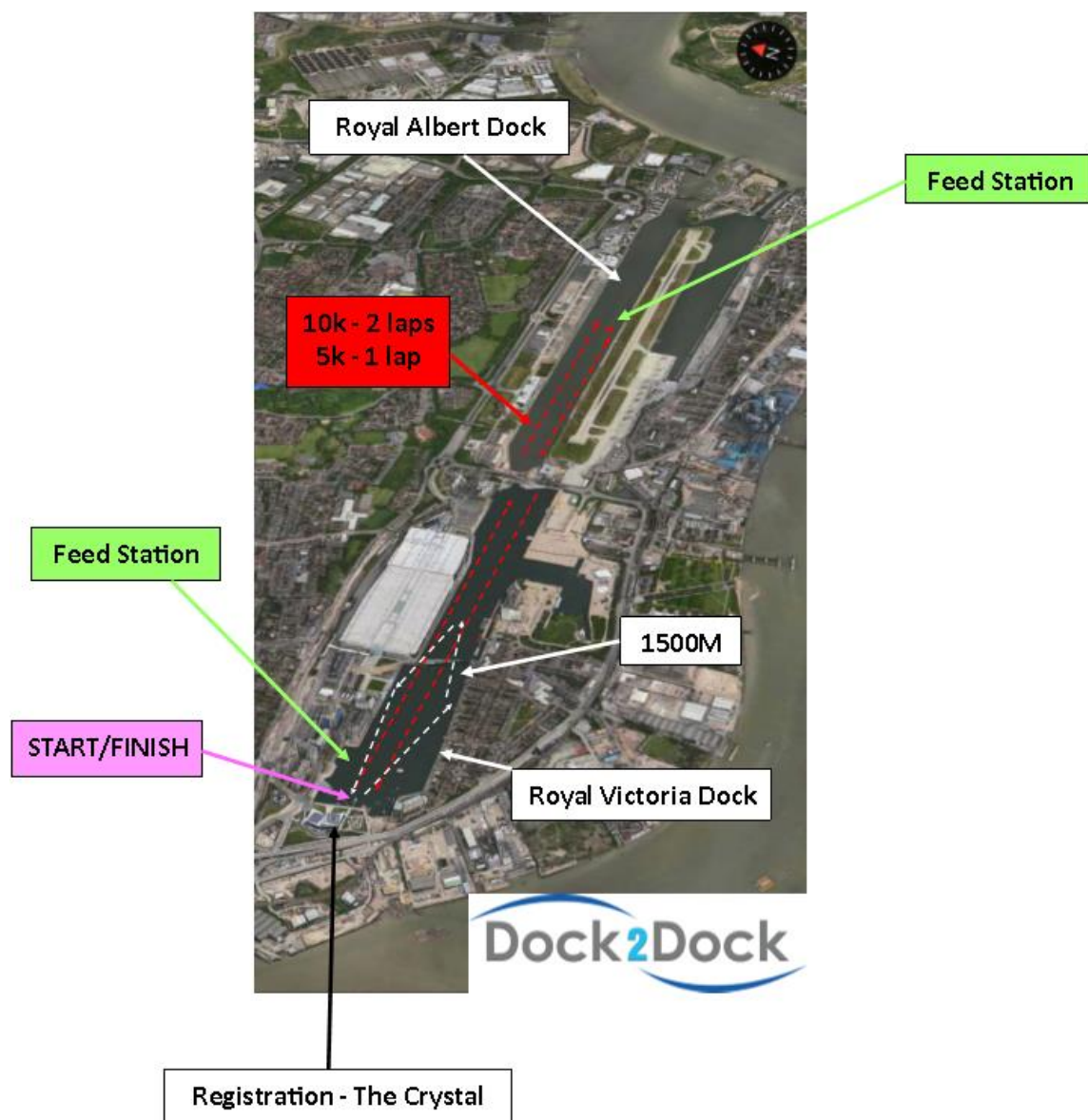
Course Route/Entry & Exit into the Water

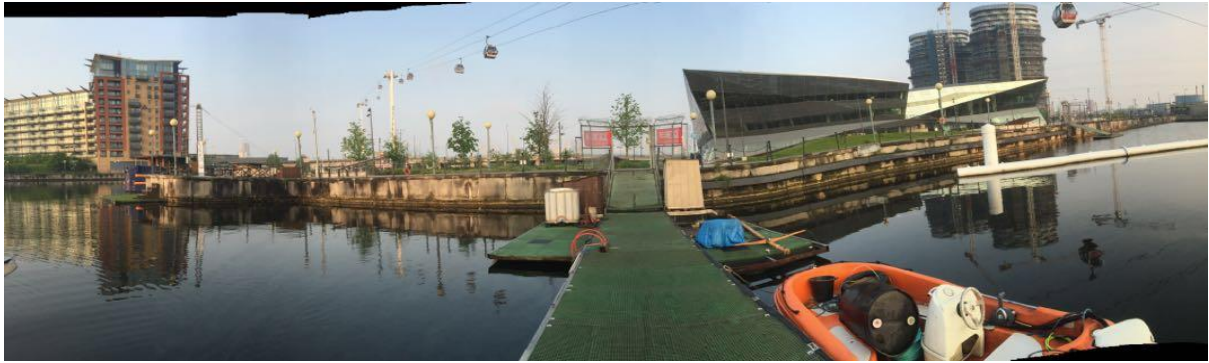
Start & finish will be from the same point.

10k/5k 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

The 10k race will be 2 laps of the course & the 5k 1 lap.

1500m 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 clearly marked. 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 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 valid safety wristband.

Water/Nutrition

There will be two manned floating feed stations with water and nutrition. One station will be near the start and the other at the turn point in Royal Albert Dock – effectively there will be a feed station approx. every 2.5km. The station will be very visible and pointed out to you along with the feeding procedure at the briefing.

You will be able to have your own nutrition which must be provided in a small sealed plastic bag & clearly marked with your name & which feed station you would like it to be placed at. This must be handed in at registration.

Race Briefing

All competitors must attend the race briefing, in front of The Crystal, 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 emailed to you once the event has finished. The results will also be available online.

Medals and T-shirts will be awarded as you finish.

There will be a prize for the first male and female swimmers with/without wetsuit across the line.

All prizes will be sent out.



Training

There are no formal training sessions for this event but there are drop-in open water swimming sessions at London's Royal Docks starting 1st April - follow this link for times

<http://www.londonroyaldocksows.co.uk/opening-times/>

Assuming you have registered & purchased your NOWCA safety wristband you can join any of the sessions.

In addition, there are numerous coaching opportunities – follow this link for more information

<http://www.londonroyaldocksows.co.uk/competitive-training-ows-swimmer/>

Please note: You cannot swim the event course, but the entry point is the same place as the D2D start & there is a 400m & 750m loop in Victoria Dock.

More information

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

info@lovesportsevents.co.uk