



# FINAL INSTRUCTIONS

Event Date: 29th July 2023



# WELCOME

To the 2023 Aquasphere Snowman Swim. This document contains all the information you'll need to have a great day and a safe race.



## EVENT TIMETABLE

### VENUE

Plas y Brenin, Capel Curig, Conwy. [LL24 0ET](#)

### REGISTRATION

You MUST attend registration to collect your registration pack. Registration is in Plas y Brenin. Please follow signs to Registration. Please be aware of the car parking location ([see page 5](#))

FRIDAY 28th JULY

**18:00 - 19:30** - All Swim Distances

SATURDAY 29th JULY

**12:00 - 13:00** - 1000m and 2000m

**12:00 - 13:45** - 2.4 miles

You can find your race number, which you'll need for registration on the [Event Start-list here](#).

Don't forget to take the time to have a look around the event expo and cheer on the triathletes and duathletes taking part in the morning races; there's lots to see and do before your race at Plas y Brenin!



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# GENERAL EVENT INFORMATION

## MEMBERSHIP

We run our swim events under British Triathlon rules. Unless you are an affiliated member of your home country's federation you will have purchased a British Triathlon Day License Membership upon entering the event. If you are a member already please present your annual membership to our team at registration when you pick up your race pack. If you have paid for day membership online with your entry, you do not need to do anything.

## RACE PACK

At registration you will pick up your race pack which includes:

**Timing chip** – secured to your ankle with the Velcro strap provided. Worn UNDER your Wetsuit. Please make sure you return your timing chip once you cross the finish line, there is a £55 charge for lost chips

**Swim hat** - if you prefer to wear your own hat you must still wear this over the top so you can be identified in the water.

## BAG DROP

There will be an unstaffed bag drop tent by the swim start where you can leave your items for after the race. Please clearly label your belongings with your race number in advance, or by using the sticky labels provided.

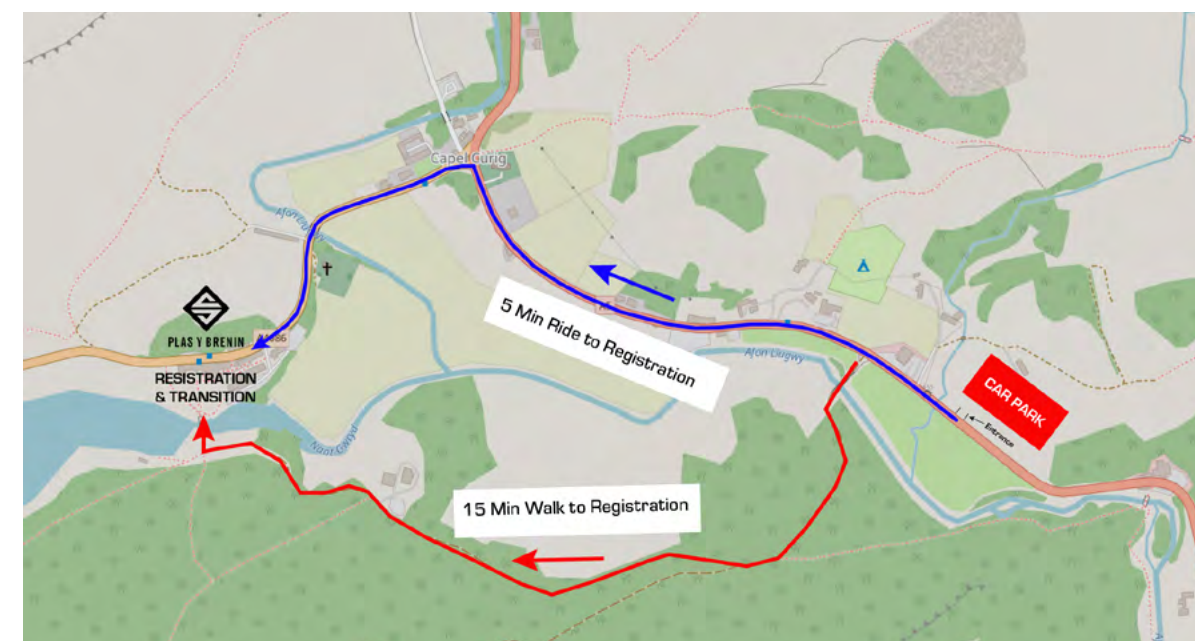
# GENERAL EVENT INFORMATION

## CAR PARKING

Our designated event parking is in a field approximately 0.8 miles from Plas y Brenin, next to the Siabod Cafe on the A5; it will be signposted once you get close to the site. The car park will be open from 07:30 on Saturday 29th July, overnight parking is not permitted. Please note there are no facilities in the car park.

There is a £5 parking fee which will be charged per car on entry to the field. Cash or card payments will be accepted. In the interest of all road users and competitors, do not park on the road.

The road between the car park and registration is very busy. Follow the signs from the car park through the forest and along the fire road to reach Plas y Brenin safely on foot. Please take care and leave sufficient time to attend registration.



# GENERAL EVENT INFORMATION

## FACILITIES

There will be portaloos in the Craft Snowman Triathlon transition area, as well as toilet facilities within Plas y Brenin. You will be in an area of natural beauty that is also home to many residents; please be sensitive and plan your comfort breaks for where there are facilities available.

Under British Triathlon rules you will be disqualified if found urinating in a public place.

## FOOD & DRINK

Plas y Brenin are providing special food offers for the Aquasphere Snowman Swims, both before and after the event. You will be able to fuel yourself with some tasty carbs in the Plas y Brenin food hall (next to registration) throughout Saturday and Sunday.

The bar area will also be open before and after the races, selling drinks and other goodies.

## MERCHANDISE

T-shirts, hoodies and any other pre-ordered merchandise can be collected from Registration. There will be a limited number of t-shirts and hoodies for sale on the day at the Always Aim High Event Store, located on the terrace beside the Plas y Brenin bar.

**All pre-ordered merchandise must be collected on the day; it cannot be posted after the event.**

# GENERAL EVENT INFORMATION

## RACE TIMING

The race will be timed using TDL services electronic timing systems. It is compulsory for all competitors to wear their timing chip on their left ankle (underneath your wetsuit is recommended). Failure to do so may result in you not being classified in the race results.

## LITTERING

Any person found littering will be immediately disqualified from the event. Please respect the beautiful location you are swimming in and dispose of any gels and other rubbish responsibly.

There are designated litter points around the site. Litter may also be handed to marshals.

## RACE DAY EMERGENCY CONTACT

If you need to speak to someone urgently on race day about the race, please call 07527 034 308. This phone number is for the race duration only and will not be activated at any other times.





# GENERAL EVENT INFORMATION

## PRIZE GIVING

The prize giving will take place in the event village, close to our Registration. Come along to collect your prizes and have your moment on the podium, or to congratulate your fellow competitors.

### Saturday at approximately 16:00:

1000m Swim  
Overall top 3

2000m Swim  
Overall top 3

2.4 mile Swim  
Overall top 3

## ARE YOU TAKING PART IN ANY OF OUR OTHER EVENTS THIS YEAR?



**EVENTS CALENDAR 2023**

- Unique Road Runs
- Iconic Triathlons/Duathlons
- Epic Trail Runs
- Wild Swim Events
- Stunning Cycle Sportives

MONTH	EVENTS
<b>FEBRUARY</b>	12th. Nick Beer 10k
<b>MARCH</b>	5th. Jones o Gymru Anglesey Half Marathon 25th. World's Steepest Street Race 26th. Harlech
<b>MAY</b>	13th. XTERRA Weston Park 14th. Weston Park
<b>JUNE</b>	10th. Slateman 10th-11th. Slateman 24th. Cardiff 25th. Cardiff
<b>JULY</b>	8th-9th. Snowdon24 9th. XTERRA Snowdonia Trail Marathon 29th. Snowman 29th-30th. Snowman
<b>AUGUST</b>	20th. Tour de Môn
<b>SEPTEMBER</b>	9th-10th. Sandman 9th. Torchlight Trail
<b>OCTOBER</b>	1st. Llandudno
<b>NOVEMBER</b>	5th. Anglesey Trail Half Marathon & 10k

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SCAN TO FIND OUT MORE: 

# RACE DAY 1000M AND 2000M SWIMS

SATURDAY 29th JULY

**12:00 - 13:00:** Registration

**13:15:** Compulsory Safety Brief at swim start. All competitors must attend.

**13:30:** Start – 1000m (red hats), 2000m (pink hats)

## SWIM ROUTE

The swim course will be detailed at the swim start and during your compulsory safety brief. You will swim the course in a clockwise direction keeping the buoys to your right. Please follow instructions given to you by marshals and the water safety team.

There will be safety kayaks and stand-up paddle boards to ensure your safety whilst swimming. If you get into difficulty during the swim, please raise your hand and shout 'HELP', a water craft will come to you and aid you to safety. You will be asked to hold onto the craft, please do not attempt to climb on board!

You'll be started in the water, as a mass start. If you'd prefer more space, we'd advise you to move to the side or hang back once in the water.

It is at the Race Organisers discretion whether a competitor should be allowed to continue at any stage should it be deemed unsafe to do so.

## COMPULSORY KIT

In line with British Triathlon Rules, wetsuits are compulsory for the swim if the water temperature is below 14°C. Swim caps are supplied in your registration pack and must be worn on the start line and during the swim so that race safety officials can identify you in the water.

## RACE DAY 2.4 MILE SWIM

SATURDAY 29th JULY

**12:00 - 13:45:** Registration

**14:00:** Compulsory Safety Brief at swim start. All competitors must attend.

**14:15:** Start – 2.4miles (white hat)

### SWIM ROUTE

The swim course will be detailed at the swim start and during your compulsory safety brief. You will swim the course in a clockwise direction keeping the buoys to your right. Please follow instructions given to you by marshals and the water safety team.

There will be safety kayaks and stand-up paddle-boards to ensure your safety whilst swimming. If you get into difficulty during the swim, please raise your hand and shout HELP, a water-craft will come to you and aid you to safety. You will be asked to hold onto the craft, please do not attempt to climb on board!

You'll be started in the water, as a mass start. If you'd prefer more space, we'd advise you to move to the side or hang back once in the water.

It is at the Race Organisers discretion whether a competitor should be allowed to continue at any stage should it be deemed unsafe to do so.

### COMPULSORY KIT

In line with British Triathlon Rules, wetsuits are compulsory for the swim if the water temperature is below 14°C. Swim caps are supplied in your registration pack and must be worn on the start line and during the swim so that race safety officials can identify you in the water.

## FURTHER EVENT INFORMATION

### ACCESSING THE SWIM START

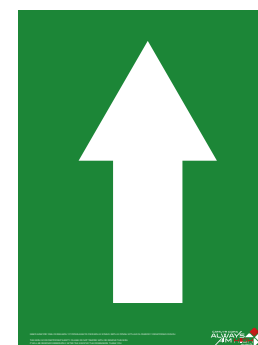
When leaving registration to go to the swim start please follow signs that say 'to the start'. The Swim Start is a 5 minute walk from registration, cross the narrow bridge and follow the signs.

Shoes can be left on the shore, to be collected after your swim.

### RACE SIGNAGE

Please pay attention to the following signage:

Green = event village signage



## SPECTATOR INFORMATION

The Craft Snowman Triathlon Event Village and Expo will have a number of stands from our event partners, with information and goodies. It will be located in Plas y Brenin. There will be lots to see and do for all the family whilst the race is going on, including live commentary, and all of the race action.

## VOLUNTEERING

If any of your supporters would like to assist with marshalling, we have a great reward scheme in place that recognises the effort and shows our appreciation of our amazing volunteers. Individuals can choose between shop vouchers, race entries or charity donations and there are a number of positions available - we can even accommodate dogs!

Contact [marshals@alwaysaimhighevents.com](mailto:marshals@alwaysaimhighevents.com) to get involved.

## SAFEGUARDING

Permitted Events Commitment Statement

This permitted triathlon event acknowledges the duty of care to safeguard and promote the welfare of children, young people and vulnerable adults. This permitted triathlon event is also committed to ensuring safeguarding practice reflects statutory responsibilities, government guidance and complies with best practice and British Triathlon requirements.

Event Safeguarding Officer – Brian Corcoran – 07734 853748

Safeguarding procedures can be found on the day in Event Control.



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