



FINAL INSTRUCTIONS
Event Date: 24th June 2023

WELCOME

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



EVENT TIMETABLE

VENUE

Registration is in the Event Village on the Roald Dahl Plass. Please follow signs to Registration.

The Swims will take place in Cardiff Bay. The Swim Start location is located just past the Norwegian Church near the old Dr. Who centre. This is a 500m walk from the Roald Dahl Plass.

REGISTRATION TIMES

SATURDAY 24th JUNE

07:00 - 07:30 - 3000m and 4500m Distances

07:00 - 08:30 - 1500m Distance

07:00 - 09:00 - 750m Distance

You can find your number, which you'll need for registration on your final instructions email, or on the [EtchRock.com](https://etchrock.com) entry system you used to make your entry.

You **MUST** attend registration to collect your registration pack.

GENERAL EVENT INFORMATION

MEMBERSHIP

We run our swim events under British Triathlon rules.

Unless you indicated that you are an affiliated member of your home country's federation, a British Triathlon Day Membership License will have been added to your entry and paid for upon booking the event.

If you are a member please present your annual membership ID to our team at registration when you pick up your race pack.

If you have not paid online and are unable to present a valid membership ID the registration team will ask you to pay the £6 day membership fee when you collect your race pack.

FACILITIES

There will be portaloos on the Roald Dahl Plass and a limited number by the Swim Start. Toilets are also available in the Wales Millennium Centre. Please be sensitive and plan your comfort breaks for where there are facilities available. You will be disqualified from your race if found urinating in a public place.

Please be respectful of others and refrain from walking through the Wales Millennium Centre in just your swimming kit. Please make sure you have footwear on at all times when walking around the venue. The Swim start area is gravelly under foot.

LITTERING

Any person found littering will be immediately disqualified from the event and banned from all Always Aim High Events. Please respect the beautiful location you are swimming in and dispose of any gels or bottles responsibly. You may dispose of your gel wrappers at the designated litter points or with event marshals.

GENERAL EVENT INFORMATION

BAG DROP

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

We will return the bag drop to the swim exit area in Cardiff Basin, where it will be located just after the bridge after you exit the water.

HOT FOOD AND DRINK

There will be options available in the event village and many surrounding bars and restaurants.

ALWAYS AIM HIGH EVENT STORE

T-shirts and pre-ordered hoodies can be collected at the Always Aim High Event store located by registration. There will be a limited number of t-shirts and hoodies for sale on the day.

All pre-ordered merchandise must be collected on the day from the event store, it cannot be posted after the event.

**TOW FLOATS AND DRY BAGS
ESSENTIAL TRAINING KIT**

BE SAFER BE SEEN

WWW.SWIMSECURE.CO.UK



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. Failure to do so may result in you not being classified in the race results. During the swim please pull long wetsuits over the chip to prevent loss in the water.

PRIZE GIVING

The prize giving will take place in the event village on the Roald Dahl Plass. We will be awarding the following prizes:

Saturday at approximately 10:30

Prizes will be awarded to the top three in the 750m, 1500m, 3000m and 4500m Swims in Open and Female categories.

If you think you're a winner make sure you're there to receive your prize, stand on the podium and receive a huge cheer! If you're not, come and give the winners a cheer with us.

SPECTATOR INFORMATION

The Aquasphere Cardiff Try a Tri Swim Event Village will have a number of stands from our event sponsors and partners, with information and goodies. It will be located in the Roald Dahl Plass in front of Sainsbury's. 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.

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

CAR PARKING

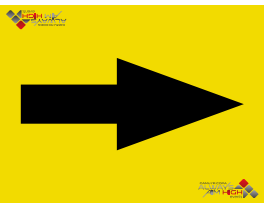
There are numerous pay and display car parks located around Cardiff Bay. Please make sure you buy a ticket because you are very likely to get booked if you don't! Please see the map below.

Car Park	Spaces	4hr charge	Longer charge
Red Dragon Centre	765	£6.50	£24 (9-24hrs)
Q-Park Cardiff Bay	1239	£6.50	£12 (12hrs)
Mermaid Quay	380	£5.50	£15 (12hrs)
Havannah Street	238	£5.10	£11.50 (10hrs)
Britannia Park – street parking, max stay 3hrs (£3.60)			

RACE SIGNAGE

Please pay attention to the following sign colourings:

Green = event village signage
Yellow = race course signage



RACE DAY 3000M AND 4500M SWIM

SATURDAY 24TH JUNE

07:00 – 07:30: Registration

You must be at the swim start area to receive your safety briefing 15 minutes before the start of your race.

The swim start location is located just past the Norwegian Church near the old Dr. Who centre. This is a 500m walk from the Roald Dahl Plass.

07:45 - Compulsory Safety Brief at swim start - All competitors MUST ATTEND

08:00 – Race Start – 3000m in Red Hats

08:05 – Race Start for the 4500m in Yellow Hats

SWIM ROUTE

The swim course will be a 1500m loop. Competitors taking part in the 3000m race will complete the loop twice. Competitors taking part in the 4500m race will complete it three times. Please keep all buoys to your right. Please follow instructions given to you by marshals and the water safety team.

There will be RIBs, 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.

RACE DAY 3000M AND 4500M SWIM

RACE DAY CUT OFFS:

There will be a compulsory cut off of 2 hours in the water for the 3000m swim.

There will be a compulsory cut off of 3 hours in the water for the 4500m swim.

If you are still in the water at this time, you will be pulled out of the race.

Please respect these cut off times in the interests of your safety and the safety of our stewards on the course.

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.

HYDRATION/ENERGY

Kayakers will carry energy gels and will provide one to you if you indicate to them. The gel will be handed to you open and you must return the wrapper.

Water will be available in the RIB. If you require water, please indicate to a kayaker who will call the RIB.

RACE DAY 1500M SWIM

SATURDAY 24TH JUNE

07:00 – 08:30: Registration

You must be at the swim start area to receive your safety briefing 15 minutes before the start of your race.

The swim start location is located just past the Norwegian Church near the old Dr. Who centre. This is a 500m walk from the Roald Dahl Plass.

08:45 - Compulsory Safety Brief at swim start - All competitors **MUST ATTEND**

09:00 – Race Start – 1500m in Pink Hats

SWIM ROUTE

The swim course will be a 1500m point to point course. Please keep all buoys to your right. Please follow instructions given to you by marshals and the water safety team.

There will be RIBS, 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.

RACE DAY 1500M SWIM

RACE DAY CUT OFFS:

There will be a compulsory cut off of 1 hour in the water for the 1500m swim.

If you are still in the water at this time, you will be pulled out of the race.

Please respect these cut off times in the interests of your safety and the safety of our stewards on the course.

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.



RACE DAY 750M SWIM

SATURDAY 24TH JUNE

07:00 - 09:00: Registration

You must be at the swim start area to receive your safety briefing 15 minutes before the start of your race.

The Swim Start location is located just past the Norwegian Church near the old Dr. Who centre. This is a 500m walk from the Roald Dahl Plass.

09:15 - Compulsory Safety Brief at swim start - All competitors **MUST ATTEND**

09:30 - Race Start - 750m in Orange Hats

SWIM ROUTE

The swim course will be a 750m point to point course. Please keep all buoys to your right. Please follow instructions given to you by marshals and the water safety team.

There will be RIBs, 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.

RACE DAY 750M SWIM

RACE DAY CUT OFFS:

There will be a compulsory cut off of 35 minutes in the water for the 750m swim.

If you are still in the water at this time, you will be pulled out of the race.

Please respect these cut off times in the interests of your safety and the safety of our stewards on the course.

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.

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

WWW.ALWAYS AIM HIGH EVENTS.COM

SCAN TO FIND OUT MORE: [QR Code]

[Twitter] [Facebook] [Instagram]

FURTHER INFORMATION FOR SWIMMERS

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.

If the temperature is over 22°C, wetsuits will be forbidden for the 750 and 1500m swims.

If the temperature is over 23°C, wetsuits will be forbidden for the 3000m swims.

If the temperature is over 24°C, wetsuits will be forbidden for the 4500m swims.

The anticipated temperature is approximately 17 – 18 degrees.

RACE PACK

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

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

ACCESSING THE SWIM START

When leaving registration to go to the swim start, please follow signs that say 'To The Swim Start'. The swim start is a 500m walk from Roald Dahl Plass.

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 Swim 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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