



THE AQUASPHERE
CARDIFF
TRY A TRI SWIM

FINAL INSTRUCTIONS
Event Date: 29th June 2024

CROESO

Welcome to the 2024 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 29th JUNE

07:30 - 08:30 - 3800m Distances

07:30 - 09:00 - 1900m Distance

07:30 - 09:45 - 750m Distance

07.30 - 10.15 - 400m Distance

You can find your number, which you'll need for registration, along with race day info on the [entry kiosk HERE](#).

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

GENERAL EVENT INFORMATION

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 at the swim start where you can leave a small bag 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; it will be located just after the bridge as you exit the marina pontoon.

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. You can [check your results online HERE](#)

Saturday at approximately 11:15

Prizes will be awarded to the top three in the 400m, 750m, 1900m and 3800m 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

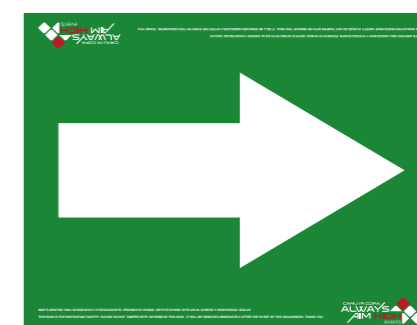
There are numerous pay and display car parks located around Cardiff Bay. Please make sure you buy a ticket; you are very likely to get booked if you don't! Please see the map below.

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	£6.50	£14.00 (10hrs)

RACE SIGNAGE

Please pay attention to the following signage:

Green = event village signage



RACE DAY 3800M SWIM

SATURDAY 29TH JUNE

07:30 – 08:30: Registration

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

09:00 – Race Start – 3800m in Yellow Hats

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 Tiger Yard/Lo Lounge (the old Dr. Who centre). This is a 500m walk from the Roald Dahl Plass.

SWIM ROUTE

The swim course will be 2 laps of a 1900m loop. 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 3800M SWIM

RACE DAY CUT OFFS:

There will be a compulsory cut off of 2.5 hours in the water.

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 1900M SWIM

SATURDAY 29TH JUNE

07:30 – 09:00: Registration

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

09:30 – Race Start – 1900m in Pink Hats

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 Tiger Yard/Lo Lounge (the old Dr. Who centre). This is a 500m walk from the Roald Dahl Plass.

SWIM ROUTE

The swim course will be a 1900m 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 1900M SWIM

RACE DAY CUT OFFS:

There will be a compulsory cut off of 1 hour 10 minutes in the water for the 1900m 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 750M SWIM

SATURDAY 29TH JUNE

07:30 - 09:45: Registration

10:00 - Compulsory Safety Brief at swim start - All competitors MUST ATTEND

10:15 - Race Start - 750m in Orange Hats

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 Tiger Yard/lo Lounge (the old Dr. Who centre). This is a 500m walk from the Roald Dahl Plass.

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 30 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 2024

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

MONTH	EVENTS
FEBRUARY	11th. Nick Beer 10k
MARCH	3rd. Anglesey Half Marathon & 10K
APRIL	14th. Harlech
MAY	12th. Weston Park
JUNE	8th. Slateman 29th. Cardiff Bay 30th. Cardiff
JULY	13th-14th. Yr Wyddfa Snowdon24 14th. Snowdonia Trail Marathon Eryri
AUGUST	3rd. Ogwen25 Yr Helgi Du 3rd. Snowman 4th. Snowman 18th. Tour de Môn
SEPTEMBER	1st. Bala 14th-15th. Sandman 29th. Llandudno
NOVEMBER	10th. Anglesey Trail Half Marathon & 10k

WWW.ALWAYS AIM HIGH EVENTS.COM

SCAN TO FIND OUT MORE: [QR CODE] [Twitter] [Facebook] [Instagram]

RACE DAY 400M SWIM

SATURDAY 29TH JUNE

07:30 - 10.15: Registration

10:30 - Compulsory Safety Brief at swim start - All competitors
MUST ATTEND

10:45 - Race Start - 400m in White Hats

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 Tiger Yard/Lo Lounge (the old Dr. Who centre). This is a
500m walk from the Roald Dahl Plass.

SWIM ROUTE

The swim course will be 400m 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 400M SWIM

RACE DAY CUT OFFS:

There will be a compulsory cut off of 20 minutes in the water.

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.



FURTHER INFORMATION FOR SWIMMERS

COMPULSORY KIT

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.

Wetsuits will be optional if the water temperature is over 14°C.

If it is recommended if the water temperature is over 24°C that wetsuits are not worn to prevent over heating. Please listen out for announcements regarding wetsuit usage if the temperature is very warm.

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** - if you prefer to wear your own hat you must still wear this over the top as it identifies your wave.

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, beyond the Norwegian Church.

SAFEGUARDING

PERMITTED EVENTS COMMITMENT STATEMENT

This event acknowledges the duty of care to safeguard and promote the welfare of children, young people and vulnerable adults. We are committed to ensuring safeguarding practice reflects statutory responsibilities, government guidance and complies with best practice..

Event Safeguarding Officer – Brian Corcoran – 07734 853748
Safeguarding procedures can be found on the day in Event Control.





WWW.ALWAYS AIM HIGH EVENTS.COM

