

FIREWORKS 500 7th November presented by T2.EVENTS



Thank you for entering the Fireworks 500 held at Capernwray Dive Centre, Jackdaw Quarry, Capernwray Road, Lancashire LA6 1AD J35 M6



Please be advised you will be directed by Capernwray staff upon arrival to park in the centre. It will be dark so remember to bring those torches to aid your movements.

Registration: Inside up above the café, opens at **16:30** closing at **18:45**. Here you will check your details and be given a timing chip and swim cap. You will be able to collect pre-ordered t-shirts / hoodys and reserved wetsuits.

The timing chip should be placed on your left ankle. Time will start as you enter the water and stop as you pass over the same mat upon exit. The swim cap must be worn, it can be worn over the top of additional hats to keep you warm.

We are trying to reduce the use of glow sticks this year and strongly recommend the use of reusable water proof lights such as Swim Secures Adventure Light. Alternatively you can use a tow float with a light inside. We are awarding spot prizes to the best dressed tow float. If you do have a glow stick this should be attached to your goggle strap or the back of your wetsuit. We have a limited supply, these are high powered for 30 minutes so please only snap as you enter the starting pen.

Swimmers are reminded that we have exclusive use of the venue (no divers) spectators and families are very welcome at no additional cost.

Water Temperature

Water temperature is expected to be around 10oC - 12oC.

Wetsuits

Because of the temperature full bodied wetsuits are **recommended** for all swimmers. Neoprene hats may be worn, hand and, or foot cover may also be worn, but they must not aid propulsion e.g. fins or paddle gloves.

Skin swimmers

Please advise staff at point of registration, wear a tow float so you can be easily identified and do ensure you have warm clothing as you exit.

T-Shirts / Hoody

If you have pre ordered these will be collectable at registration.

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Event Format

Swimmers are asked to grade themselves to enable the faster swimmers to race round and so the more leisurely swimmers also have an enjoyable event.

Last swimmer to enter 19:30

Swimmers can enter in a steady flow from the slip way. Information on water temperature will be available and a reminder of the course will also be viewable at registration. Please note no group briefing will be given. There will be staff members on hand to answer any last-minute questions.

There will be a lead kayak and two rear SUPs, in addition to support kayakers throughout the course.

Water entry

You will enter the water single file between swim counters. Please do not distract counter. Please also ensure you keep moving forward.

Swim course

A course of buoys set to make a 500m lap. Careful when exiting as it can feel rocky and going from horizontal to vertical can be a challenge!

PERSONAL SAFETY INFORMATION

The water in the quarry is cold.

During the event, if you find yourself in trouble please turnover on your back and wave for attention. There will be paddlers and a motor boat assisting you around the course.

Photography

Event photography will be provided by [JamesKirby](#) and by entering the event you accept that this photography may be used by the organisers for publicity.

Fireworks

A firework display will follow once all the swimmers are out of the water and the area is clear. This is approximately 20:15

DNFS

Should you exit the water early or at any other point please inform an event marshal and hand

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your timing chip in to avoid any unnecessary searches.

Results

Results will be texted as you exit the water and will be live at

<https://my.raceresult.com/147345/results?lang=en>

We wish you an enjoyable swim and look forward to celebrating the end of the season with you.

Tasha and the T2.Events Team