



Capernwray Dive Centre, Over Kellet, J35 off the M6, Postcode LA6 1AD

COVID19 update

We are delighted to be back at the centre and can't wait to see you all. A few points before reading on. Please if you feel unwell or think you have symptoms of the virus stay at home, get a test, drop me an email and I will happily transfer you to a later event in the season.

To avoid a gathering of people on the day a video briefing is viewable on line. Please ensure you watch this.

Self registration will be outside the building near transition / finish area. You will give your name to Val and be highlighted, you will be told your race number. You can then collect a timing chip. Please bring your own swim caps.

There will be no mass start, we aim to have athletes filtered in over the start line which will be on the slip way. Swimmers will be set off after the triathletes / Aquathlon and Aquabike event.

Its been a while but we hope you can join us and enjoy the evening.

Tasha

We would like welcome you to the quarry and are certain you will have a great experience swimming in the famous clear spring water.

PARKING

Parking is available at the Dive Centre, please note the centre can get extremely busy so please follow instructions given as you enter the Centre.

REGISTRATION

Registration will be open from 17:30 and will take place outside near transition.

At registration you will give your name and be given your timing chip. Please bring your own swim cap.

FASTENING OF TIMING CHIPS

Please fasten the timing chip strap around your LEFT ankle. The strap is a simple Velcro strap. Please ensure is it fitted securely to your ankle.



RACE BRIEFING

Video briefing

TIMING AND RESULTS

Please ensure your timing chip is in place on your left ankle for the duration of the race using the strap provided. There will be a timing mat on the swim exit. When you have crossed the timing mat at the finish, please remove your chip & strap and place in the bucket provided.

Results will be live and a text will confirm your finish time.



COURSE DETAILS

SWIM 500m



Due to the rolling start you won't have much time to acclimatise. So we would suggest popping in the water before 6:50, after this time we will call everyone out in preparation for the start.

If you experience any problems please alert a member of the safety team, float on you back and wave your arms.

STRAVA

You can join the club here:

<https://www.strava.com/clubs/T2Events>

On behalf of T2.Events all the team would like to wish you well with your race and hope you have a safe and enjoyable event.