



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

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 in the café. Enter the main building and continue down some steps, you will see us at the end of the seating area.

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

Will be water side at 18:45 prompt for all athletes.

TRANSITION

Racking will be numbered so please place your bikes / cycle and run kit on your number.

TIMING AND RESULTS

Please ensure your timing chip is placed on your left ankle for the duration of the race using the strap provided. There will be a timing mat on the swim exit. (Your chip will be removed here if you are swimming only) Triathletes, aquathlon and aqua bike competitors will have their chip removed once they finish under the arch.

Results will be live and the link can be found on the event page.

COURSE DETAILS

SWIM 500m



All athletes will have a deep-water start. If you take a while to acclimatise, we would suggest popping in the water before 6:45 after this time we will call everyone out in preparation for the briefing. You will then be counted into the water and have time to swim round to the yellow hoist. Triathletes, aquathlon and aqua bike competitors will start first followed by the swimmers after a couple of minutes.

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

Capernwray Dive Centre

[Home | Capernwray Diving Centre \(dive-site.co.uk\)](http://dive-site.co.uk)

BIKE

The bike route is fully marked with large directional arrows. Competitors are reminded they are public open roads and all the high way code rules apply. Please ensure you are familiar with the route and take a look at the Strava map.

RUN

The run route is marked with smaller directional arrows. Again, the path is shared with other users so please be respectful as at times the path is narrow.

Please ensure you are familiar with the route and take a look at the Strava map.

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.