



## Frequently Asked Questions

### ***Where is it?***

The blue seventy Big Swim Nottingham is based at the National Water Sports Centre, Nottingham. Please follow the postcode NG12 2LU.

### ***Are there any age restrictions?***

Participants entering the blue seventy Big Swim Nottingham must be at least 12 years old as at 31 December 2019 to enter the 1,500m distance and 13 years old as at 31 December 2019 to take part in the 2,500m or the 5,000m swim.

### ***Where do I park?***

There will be parking clearly marked as you drive towards the centre. The venue charges for parking and this can be paid for either at the venue reception desk or the event registration tent. It is £5.00 for the whole weekend. You will be given a swing tag, which you must hang from your rear-view mirror or you will be charged as you leave.

### ***When will the Final Race Information be emailed out?***

We release the Final Race Information one week before the event date. Final Race Information will be available on the event website.

### ***When and where can I register?***

Registration will be in the marquee on the green above the grandstand. You will be able to register on Friday and Saturday (times TBC). Please be ready 30 minutes before your start time to ensure you are prepared to take part.

### ***Will I need a wetsuit?***

Wetsuits are not compulsory for this event. However, most people will wear one.

### ***Where can I store my bags while I am swimming?***

We are yet to finalise this but there will be a bag storage area, which will be signed.

### ***Where can my spectators watch me?***

The best place to watch is from the grandstand. However, if they wish to follow you along the lake they can watch from the grass banks on either side.

### ***What is the lake like?***

The lake is usually pretty clear and quite deep in the middle. It has shallow sides, so if you get into any difficulty it is easy to get to the side. There will also be safety kayaks and a medical team on one of the safety boats. It is a rowing lake so there are small red lane buoys, which makes sighting a little easier. Please stick to the rubber matting when getting in and out as the concrete ramps can get very slippery.

***When do I need to be at the start?***

All swimmers will need to pass a check mat 10 minutes before the start. Please be there in good time so any panics with goggles/wetsuit zips/swim hats can be sorted in good time.

***How will I know how far to swim?***

You will start on the left of the lake (looking up the lake from the boathouse) and will swim to the large orange buoy, turning 90' right, swimming to a second large orange buoy before another 90' right turn which will point you back towards the finish. If you are doing the 2.5k you will do one lap and for 5k you will get out of the lake, turn right passing the drink station before re-entering the lake for a second lap. For the 1.5k you will also do one lap of a shorter course, using the same large orange buoys.

***Is there a cut off?***

Yes. You have 1 hour to complete the 1.5k, and 2 hours 30 minutes to complete the 2.5 or 5k. You must start your second lap for the 5k by 1 hour 15 minutes or you will be asked to stop.

***I have a medical condition, how do I let people know?***

You should have given us this information when you entered the event. We would also ask that you write MC on the side of your swim hat, in permanent pen, and the full condition on the inside of your hat, along with your race number. This is because it is difficult to identify swimmers as they don't have numbers, and it gives the medics the information they need quickly so they can react appropriately straight away.

***How do I get my time?***

Times will be available from the screen in the foyer of the main building. There will also be a printer. If this runs out of paper, please tell a marshal so we can get it replaced as soon as possible and avoid large queues.

***Will I be able to get a massage?***

Yes, there will be massage available. They will be charging £10 for 20 minutes.

***Is there anywhere to change afterwards?***

There are changing rooms, with showers, available in the main building.

***Are there any prizes?***

Yes. There will be awards for 1<sup>st</sup> place in each age category for male and female in each distance. Please stick around if you have achieved one of these, as there will be presentations and there will be a postage charge for sending them out after the event.

***I have to withdraw; can I have my money back?***

If you need to withdraw, you must do it in writing to [info@osbevents.com](mailto:info@osbevents.com) before 21 June 2019. Before this time, you will be given a 50% race credit. After this date we cannot issue any form of credit. Your withdrawal will be taken from the date that the email was received, even if it is not actioned for a couple of days. No refunds will be payable in the event of a withdrawal.

Please do not give your place to anyone else as we do not allow transfers for this event. It nullifies the insurance and places them at risk if we do not have their details and they are involved in an accident.