

# MARATHON SWIMS



LONDON AQUATICS CENTRE

SPECTATOR GUIDE



# WELCOME:

# MARATHON SWIMS



November 2023

## Dear Marathon Swims spectator,

We are looking forward to welcoming you to the #PoolofChampions, the London Aquatics Centre, on Queen Elizabeth Olympic Park for Marathon Swims 2023 on Saturday 11 November. We are once again a SOLD OUT event.

This year will be our 5<sup>th</sup> year hosting a live event, so thank you very much for your support. We set out to create London's marathon of swimming – an iconic distance, in a stunning venue with an inspirational event experience. On race day, it is all of our fantastic participants, and you, their supporters who make the Marathon Swims experience. So, thank you for your contribution.

We hope you enjoy the experience.

Marathon Swims team

# KEY INFORMATION:

**Event:** <http://www.marathonswims.com/>

**Social Media:** Please follow us:  
**Twitter/X:** @MarathonSwims  
**Facebook:** Facebook.com/MarathonSwims  
**Instagram:** @MarathonSwims  
**Hashtags:** #MarathonSwims

**Dates:** **Saturday 11 November 2023**

**Key Timings:** Event open to public 07:45, event starts from 08.30, event ends 20.30

**Venue:** **London Aquatics Centre, Queen Elizabeth Olympic Park, Stratford, E20 2ZQ**

The event entrance is on the main (upper) concourse on the side of the building facing the London Stadium. Only participants and registered spectators can access this entrance.

The venue is operated by Better/GLL. Parking at the venue is approx. £20 per day (if you use the ticket machines inside the venue). Public transport is recommended. Further parking is available at nearby Westfield Stratford Shopping Centre

Stratford is the nearest station and is served by National Rail, Eurostar (Stratford International), London Overground, DLR, Central Line, Jubilee Line.

**Pool:** **The event takes place in the main competition pool**

**FAQs:** The FAQs on the website: <https://www.marathonswims.com/faq>

MARATHON SWIMS is the ultimate swimming challenge. The event has four different challenges:

1.	<b>Marathon 10k (individual)</b>	<b>10 course loops of the pool</b>
2.	<b>Half Marathon 5k (individual)</b>	<b>5 course loops of the pool</b>
3.	<b>1k Challenge (individual)</b>	<b>1 course loops of the pool</b>
4.	<b>Marathon 10k (team of two)</b>	<b>10 course loops of the pool (between the two participants)</b>

## Format: MARATHON SWIMS

You can see highlights of previous year's events on [YouTube](#).

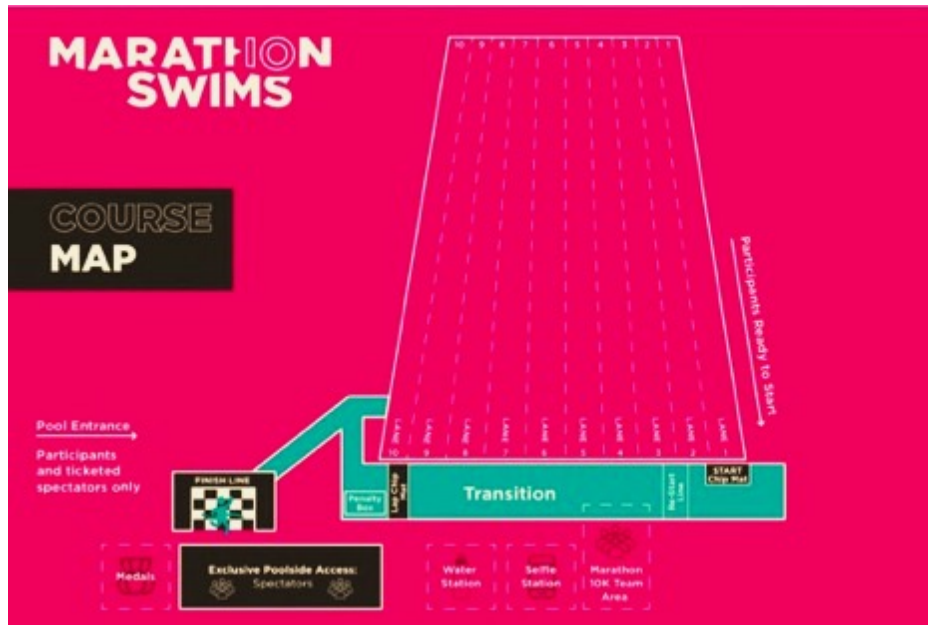
You can also see the format of the event in this [30 second animation](#)

We operate a full pool for the entire event. As one participant finishes their challenge, another will be started by our start team. The start times/waves are staggered throughout the day from 08.30 to 18:00. Your actual start time will depend on the speed of the swimmers in the pool at the time. Generally, the slower swimmers will have earlier start times, with the faster swimmers swimming later. Each swimmer has an individual start.



Swimmers are encouraged to arrive between 45-60 mins before their start time. The start time listed is approximate. All swimmers have an individual start, so the last swimmers to start in a wave may not actually start their swim exactly on the wave start time. All participants are chip-timed, so your time only starts when you have crossed the timing mat.

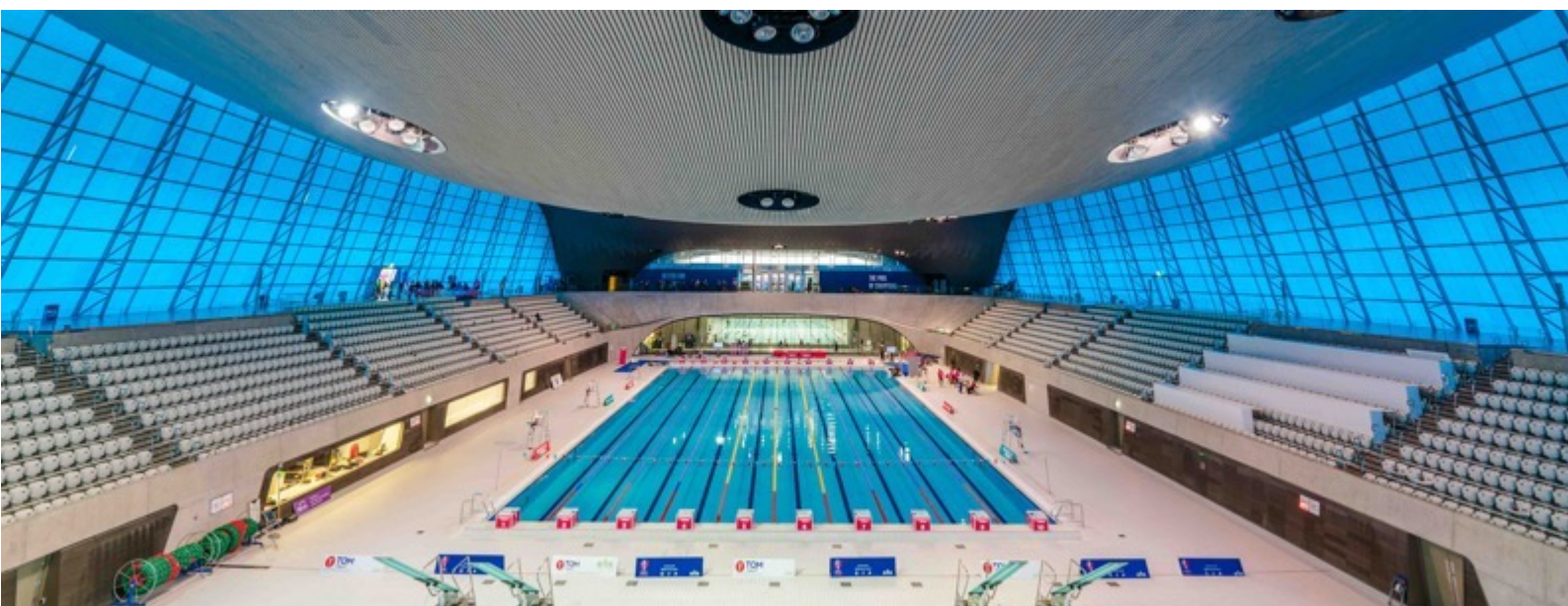
## Course map:



## The Swim Course:

The swim course is designated by the nine lane ropes separating the pool into 10 lanes. The Transition area is marked out with blue carpet to allow participants to progress through Transition in a safe manner (and run if desired). The route to the finish line from the exit point of the pool is also marked out with blue carpet.

The leaderboard is displayed on screens on poolside and will show how the top five positions in each distance (and gender) throughout the event.





## Start Times:

Marathon Swims start times and race numbers can all be found [online](#).

The start times are approximate. Participants arrive at the venue 45-60 minutes before their start time.

All swimmers are placed in appropriate start waves based on their swim speed, taken from their estimated completion time from registration. This is to ensure that all participants have the best race day experience as possible. After all, it is not much fun either constantly over-taking or being over-taken.

## Pack Collection:

There is no pre-event mail-out.

Swimmers will collect all event material on the day of your challenge. Swimmers will collect their race tattoos (numbers), participant wristband, spectator poolside wristbands (if purchased), race timing chip and any other purchases made as part of your entry as you enter the London Aquatics Centre.

Spectator Packs are also available for collection by those who purchased the Poolside Access passes.

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Check out the start times and race numbers: <https://www.marathonswims.com/start-times>

Our chaperones will provide you and the swimmers with all the information you need about the event and escort you to the changing village. The Race Team will then take over on poolside.

Only swimmers (pink wristband) and registered Poolside Access Spectators (Blue wristband) are allowed in the Changing village.



## Marathon Swims Race Number Tattoo:

Swimmers receive two tattoos in the race pack – these are to be placed on the upper left and right arms. Our Race Team on poolside will be ready to assist.

Participants in the Marathon 10k Team event share the same race number as their team member, although have different chip numbers.

## Wristbands:

The following shows the wristbands and access for participants and spectators and need to worn at all times:

Wristband	Who	Specific Access to
PINK	Participants	Poolside – Field of Play during your swim
BLUE	Spectators purchasing poolside access	Poolside – spectator area only
GREEN	Registered Spectators only	No access to poolside

## Race Rules and Etiquette:

Marathon Swims is a unique format and as such has created its own rules. We recommend that participants read the race rules and etiquette to ensure a good event experience for all. These may also be interesting for spectators to read.

Time penalties apply for any rule violations (e.g. overtaking in the final 5m of the end of the pool at which you change lanes).

Race rules and etiquette are online:

<https://www.marathonswims.com/event-format>

## Warm up:

Unfortunately, swimmers cannot warm up before their swim in the main competition pool or diving pool. However, if they wish to warm up by swimming they need to purchase a standard entry to the London Aquatics Centre Training Pool on the day, subject to availability. Entry to the Training Pool can be purchased at the main swimming pool entrance (not the Event Entrance).





## Mobile Phones:

We encourage swimmers to bring their phone poolside, so they can capture some great pre or post-race images, videos and share them on social media. We have hanging pockets to keep their phones in while you race. These are only for use by swimmers.

## Rests and Comfort Breaks:

Swimmers may rest in Transition. Their time spent in Transition is included in their overall time. Comfort breaks are permitted and the bathrooms are located in the main changing village.

## Number of laps:

It is the responsibility of the swimmer to count the number of course laps completed. However, the display screens on poolside at times do show the number of laps completed so far.

## Fast Wave Cut off times:

There are set cut off times for each challenge (4 hours 30 mins for the Marathon 10k, 2 hours 30 mins for the Half Marathon 5k and 1 hour for the 1k Challenge). These cut off times only apply for the fast (later) waves. If swimmers are in a medium or slow wave they can take longer than the cut off time to complete their challenge. All swimmers must finish before 20:30.

## Results:

Marathon Swims results will be sent to the participant via text message. Results will also be available online post-event. There will be QR codes displayed around the event, which will take you directly to the results page, where you'll be able to find your result.

Past results (Marathon Swims 2017-2022) can be found [here](#).

The provisional results will be available online throughout the event. The final results for the event will be displayed on the website from Monday 13 November 2023.

The Marathon Swims records are shown in our [Hall of Fame](#), which lists all record times and notable achievements.

## Medals:

The Marathon Swims medals are different depending on the distance. Only participants who complete their entire challenge will be awarded a medal. If a participant has entered the Marathon 10k and they only complete 5 course laps (5km) before retiring, this does not enable them to claim a Half Marathon 5k medal.

The 24 podium places - top three in each challenge, male and female and top three teams (any gender) - will receive a gold/silver/bronze 'M' inserts which fit inside their medal.

## Post swim:

Post event, similarly to the warm up situation, swimmers will not be able to swim down unless they purchase a swimming session from the main pool entrance for the Training Pool. Again, access to the Training Pool is subject to availability.

Participants will be asked to leave the pool and building from 8.30pm when the event is finished.

## Retiring from the race:

If swimmers wish to retire from the race, they need to inform the Race Director or Race Referee immediately.

If they retire they will not be awarded a medal.

## Marathon Swims 2024:

We hope to launch Marathon Swims 2024 very soon. We are selling out earlier each year, so if you or your friends want to enter, please direct them to register their interest [here](#):

## Marathon Swims Partners

We could not host the Marathon Swims event without our fantastic partners. So, a massive thank you to all our event partners and thank you for your support:

- GLL/Better are the Venue Partner for Marathon Swims and Founding Partner of the event
- Alzheimer's Society are our fantastic official Charity Partner of Marathon Swims
- Swim Quest are the official swimming holiday provider for Marathon Swims
- Wavecrest Swimming are the official swim training provider for Marathon Swims
- Outdoor Swimmer are the official swimming media partner for Marathon Swims
- KitBrix



## Marathon Swims Merchandise

If swimmers or spectators purchased merchandise - it will be available for collection as you enter the event along with your event pack.

Some on-the-day merchandise sales may be possible subject to availability.

Participants/spectators may only exchange t-shirts on the event day. No exchanges will be possible at a later stage after the event.

## Spectators

Spectators will have the ability to access the designated seating area to watch the event, or if they or you have pre-purchased places they may be able to gain Exclusive Poolside Access.

Exclusive Poolside Access is a cordoned off area of poolside. Spectators in this area will be able to get close to the action and take photos of the event/their friends. Access to this area is only possible with a BLUE Wristband. Spectators with poolside access can also access the designated spectator seating area.

## Catering

The London Aquatics Centre cafe is usually open from 9am to 4pm.

Smoking or vaping is not permitted in any area of the venue.









## Social Media:

Please give our Marathon Swims social media accounts a follow. Use #MarathonSwims and we'd love to see all your race day prep and hear about your story so far.

## More Great Events:

Finally, if you'd like to find out more about the awesome events that Participation Sport run, [register your interest here](#).

*Thank you once again for your support of Marathon Swims. We hope you enjoy the experience.*