

MARATHON SWIMS

Swimmer's Guide

Saturday 12 November 2022

London Aquatics Centre



Participation Sport Ltd.



November 2022

Dear Marathon Swimmer,

We are looking forward to welcoming you to the #PoolofChampions, the London Aquatics Centre, on Queen Elizabeth Olympic Park for Marathon Swims 2022. Following a two-year break, we can't wait to be back hosting Marathon Swims. Thanks to your support, we are once again a sold-out event.

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 you, our fantastic participants, and your supporters who make the Marathon Swims experience. So, thank you for your support.

Whether you are a new participant, or returning to claim a PB, to take on a longer distance challenge, to raise money for charity or to simply enjoy the experience of competing in an Olympic venue, we wish you all the best in achieving your goals.

Good luck for your marathon of swimming.

Diccon Loy

Marathon Swims Founder

KEY INFO:

EVENT: www.MarathonSwims.com

SOCIAL MEDIA: Please follow and share content from the following accounts:

Twitter: @MarathonSwims

Facebook: Facebook.com/MarathonSwims

Instagram: @MarathonSwims

Hashtags: #UltimateSwim #MarathonSwims #PoolofChampions

DATES: **Saturday 12 November 2022**

KEY TIMINGS: **Saturday:** Event open to public 8am, event starts from 8.45am, event ends 8.30pm

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

The event entrance is on the main (upper) concourse. 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. Please aware of the travel impact of West Ham playing at home on Saturday 12 November. More information below.

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

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

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

1. Marathon 10k (individual) – 10 course loops of the pool
2. Half Marathon 5k (individual) – 5 course loops of the pool
3. 1k Challenge (individual) – 1 course loop of the pool
4. Marathon 10k (team of two) – 10 course loops of the pool (between the two participants)

FORMAT: MARATHON SWIMS

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

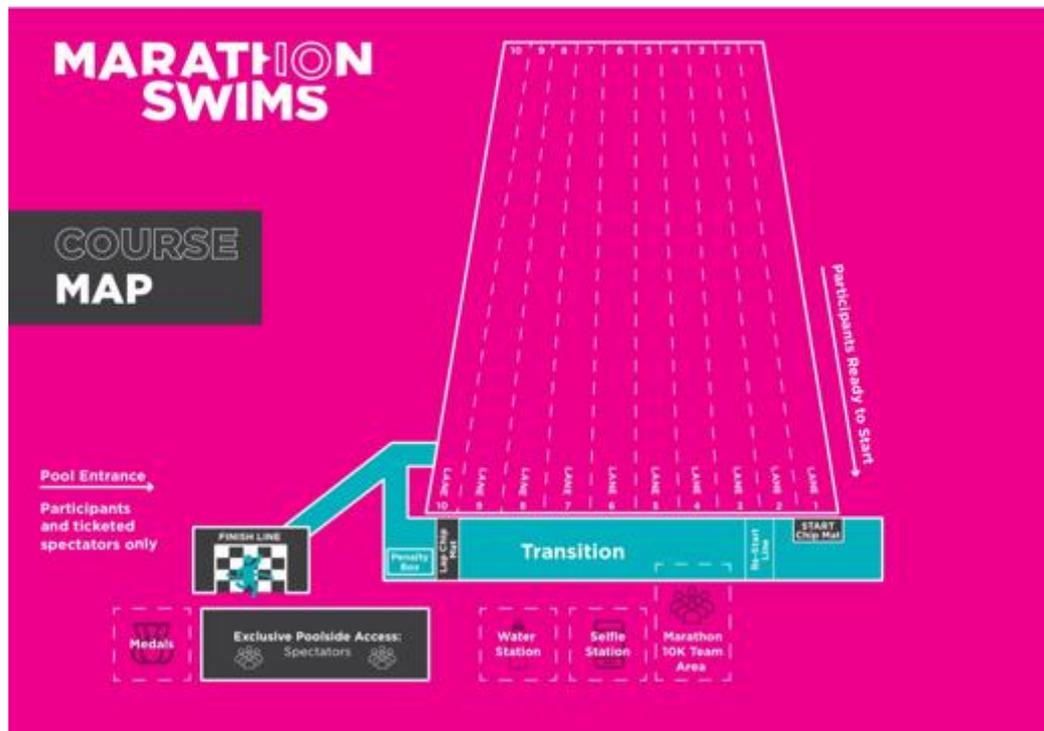
You can also see the format of the event in this [30 second animation](#):

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 8.45am to 5.30pm. 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.

Please arrive between 45-60 mins before your start time. Your 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 and will show how the top five positions in each category (and gender) change throughout the event.

WHAT TO BRING:

We recommend you bring the following items:

- Swimming Costume
- Goggles (maybe two pairs just in case?)
- Water Bottle(s) - filled with water/energy drink (ideally brightly coloured or named so easy for you to identify in Transition). Any pre, mid or post-race drinks you require.
- Watch (maybe helpful for timing your own swim)
- Swim cap - you can buy a Marathon Swims swim cap at the event or bring your own or not wear one
- Body glide (or form of lubricant) if required

- Your race number – please make a note of it
- Photo ID or bank card for identification
- Towel
- £1 coin for use in lockers (coin is returned to you)
- Mobile phone (remember you can leave it in the "Selfie Station" on poolside ready for that post or even mid race selfie!)
- Cash/card - for buying Marathon Swims merchandise, food and drink post-race
- Flip flops
- Post-event snack – please be aware that the LAC café is only open 9am to 4pm. There is a Pret a Manger open 7am to 6.30pm close to the LAC, and numerous caterers in Westfield Shopping Centre.
- If you are supporting a charity - something with their logo on for a great race day photo
- A BIG smile 😊

START TIMES:

Please be aware that West Ham are playing at home at the London Stadium (3pm kick off). If you are due to arrive or depart from the London Aquatics Centre between 12pm and 3.30pm or 4pm and 17:30pm, you may need to leave additional time to get to or from the venue. During West Ham home matches, pedestrians are often directed along the road to Stratford Tube station, rather than through Westfield.

Your Marathon Swims start times:

Time	Challenge	Speed	Approx Start time
08:45	1k Challenge	Slow	8:45am
09:00	Marathon 10k	Slow	9:00am
09:15	Marathon 10k Team	Slow	09:15am
09:30	Half Marathon 5k	Slow	9:30am
11:30	1k Challenge	Medium	11:30am
12:30	Marathon 10k	Medium	12:30pm
12:30	Marathon 10k Team	Medium	12:30pm
14:00	Half Marathon 5k	Medium	2:00pm
15:00	1k Challenge	Fast	3:00pm
15:30	Marathon 10k Team	Fast	3:30pm
16:00	Marathon 10k	Fast	4:00pm
17:30	Half Marathon 5k	Fast	5:30pm

Start times and race numbers can all be found [online](#).

The start times are approximate. Please arrive at the venue 45-60 minutes before your 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.

We do have a limited number of Wave Selections, which can be bought on Active registration. These are for participants who are travelling long distances and may need a set start time.

Race Pack Collection:

There is no pre-event mail-out. You will collect all event material on the day of your challenge. You will collect your race tattoos (numbers), participant wristband, spectator poolside wristbands (if

purchased), race timing chip and any other purchases you made as part of your entry as you enter the London Aquatics Centre. You will not be able to collect any race materials before the day of your event.

Please bring a photo ID or a bank card as identification for your race pack collection and any food or additional merchandise purchases.

Please know your race number in advance. Check out the start times list for your race number:

<https://www.marathonswims.com/start-times>

Our chaperones will provide you 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. They will advise you on how to apply the tattoos, give you a race briefing and you'll be ready to start. Swimmers will be placed in a line, with the lowest numbers first. You will be started by the start team when there is adequate space to allow you to start. It may take up to 30 minutes for everyone in a wave to begin their challenge.

We recommend you take your water bottles onto poolside and place them on the tables provided. You can also bring mobile phones on poolside for that all important selfie! There are some areas to keep your phones, if required, however these are not monitored and we take no responsibility for any lost items. Any items left are at your own risk.

Race Timing Chips:

The race timing chips are activated when you cross or go near the chip mats. There is a chip mat at the start of lane 1, end of lane 10 and at the Finish Line. Please make sure that at all (non-racing) times that you are poolside you stay well clear of the chip mats.

The chips are allocated as follows:

A colour will be allocated to each distance – eg RED for Marathon 10k, BLUE for Half Marathon 5k, GREEN for the 1k Challenge and WHITE for the Team 10k. The number on the chip will correlate to the last 3 digits of the race number.

EG RED 005 will be given to Marathon 10k participant 1005.

EG BLUE 101 will be given to Half Marathon 5k participant 2105

EG GREEN 025 will be given to 1k Challenge participant 3025

EG WHITE 005 and 105 will be given to Team 10k participants 9005

The Team 10k participants will have their chips packed as a pair with straps in a numbered envelope. The Captain must be given the lower numbered chip eg for Team 9001 – The Team Captain will get WHITE 001, the Team member gets WHITE 101.

All timing tags should be worn on the ankle (NOT the wrist). Either ankle can be selected but the chip should always be positioned on the outside (ie not between your legs) for maximum swimmer comfort and tag readability.

The race timing chips remain property of our timing supplier – Results Base. Results Base will apply a charge to any participant who fails to return their timing chip immediately post-event.

Marathon Swims Race Number Tattoo:

You will receive two tattoos in your race pack – these are to be placed on your 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
GREEN	Spectators purchasing poolside access	Poolside – spectator area only
BLUE	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 you read the race rules and etiquette to ensure a good event experience for all.

Time penalties apply for any rule violations (e.g. overtaking in the final 5m of each lap).

Race rules and etiquette are online:

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

Warm up:

Unfortunately, you cannot warm up before their swim in the main competition pool or diving pool. However, if you wish to warm up by swimming please 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).

Water and Food:

Please bring your own water (in a distinct water bottle) and food (small bars/gels) that you'll need for your swim. It is recommended that you bring your water/fluid in brightly coloured, easily identified water bottles, which will enable you to find your own bottle quickly in Transition. Top up water will be provided. You might also want to bring your own food for pre/during and post event. No gels or bars are provided by the organisers.

Mobile Phones:

We encourage you to bring your phone poolside, so you can capture some great pre or post-race images, videos and share them on social media. We have hanging pockets to keep your phones in while you race. Left at own risk.

Rests and Comfort Breaks:

You may rest in Transition. Your time spent in Transition is included in your overall time. Comfort breaks are permitted and the bathrooms are located in the main changing village. Please take care to avoid getting close to any of the chip mats if you are leaving or returning to the field of play.

Number of laps:

It is your responsibility to count the number of course laps completed.

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 waves. If you are in a medium or slow wave and take longer than the cut off time to complete your challenge, that is ok, you will claim a medal and have a valid time recorded. All swimmers must finish before 20:30.

Results:

Your results will be available online [here](#). 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.

If you have entered the event previously, you can see your past results [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 14 November 2022.

Medals:

The Marathon Swims medals are different depending on your 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 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, you will not be able to swim down unless you 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 you wish to retire from the race, please inform the Race Director or Race Referee immediately. If you retire you will not be awarded your medal.

Marathon Swims 2023:

We hope to launch Marathon Swims 2023 very soon. To make sure you are first to hear about the launch, please register your 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
- Level Water are an official Charity Partner of Marathon Swims
- Swim Quest are the official swimming holiday provider for Marathon Swims
- Swim for Tri are the official swim training provider for Marathon Swims
- Outdoor Swimmer are the official swimming media partner for Marathon Swims
- KitBrix

MARATHON SWIMS MERCHADISE

Marathon Swims merchandise is available for purchase online via Active login. Merchandise is available to purchase until midnight 31 October. If you purchased merchandise - it will be available for collection as you enter the event.

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

Participants 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 GREEN 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 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.

Thank you once again for your support of Marathon Swims. Good luck with your race preparation and we look forward to you becoming a Marathon Swimmer!