



Race Information 2019

20th July 2019

Welcome

Welcome to the inaugural Swim The Bay 2019 - a point to point sea swimming event travelling from north to south across Weymouth Bay, offering both 2.4 mile and 1.2 mile options. We are really looking forward to sharing this event with you for the first time and building it into a must do iconic swim event. Please make sure you read the following race information to ensure you are as prepared as possible to have a great event.

Key Timeline of Activities

Day	Time	Activity	Notes
Friday	1800 - 1900	Registration for full / half bay swim	Option 1
Saturday	0645 - 0745	Registration for full / half bay swim	Option 2
	0745 - 0845	Registration for half bay swim only	Option 3 (half bay)
	0725 - 0805	Coach transport to full bay swim only	
	0830 - 0900	Coach transport to half bay swim only	
	0830	Full bay swim start	
	0940	Half bay swim start	

Registration

Registration will be situated in a marquee on the beach near the Pavillion end of the beach. All swimmers will need to register prior to going to their respective starts at the times indicated in the above timeline of activities, regardless whether using their own transport or the shuttle transport provided.

This is where you will receive everything you need for your swim, including athlete band, baggage tag, swim cap and timing chip. Your timing chip must be worn on your ankle and all swimmers must wear the swim hat provided for the swim. The athlete band will also be attached to your wrist at registration - this will provide access to the shuttle transfer, start pen and finish area. It is numbered so will also provide swimmer identification.

Please allow enough time to register and get to the start in plenty of time. Your baggage label must be attached to your bag that you want returning to the finish area as this will match your athlete band and will be used to ensure all swimmers collect the correct bags.



The Swim Start

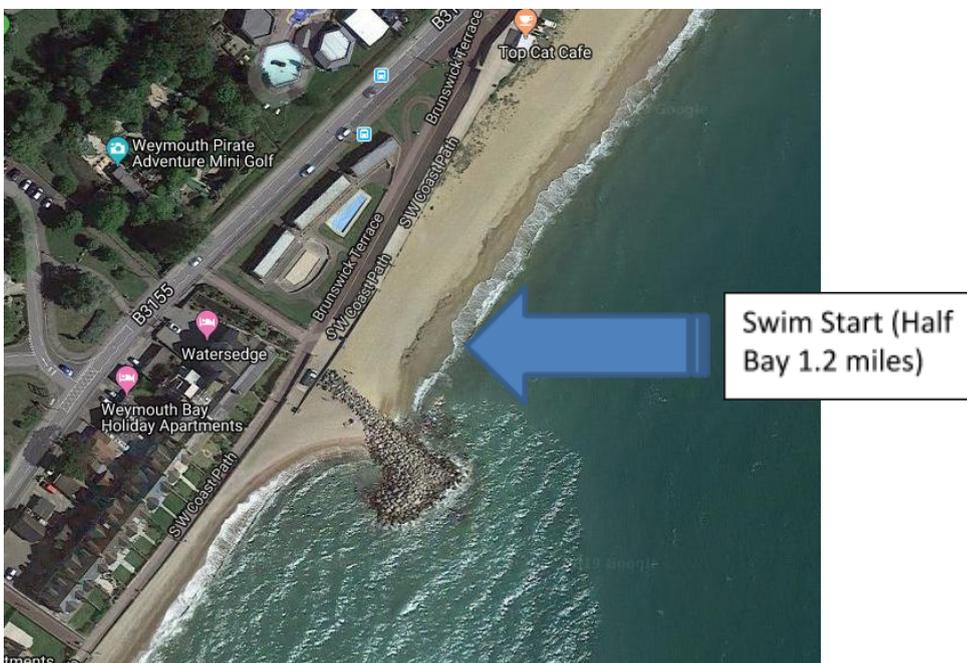
All swimmers to be at their respective start times in plenty of time. There will be an opportunity to warm up prior to the start, but all swimmers to be out of the water at least 15 minutes prior to the start and in the start pens.

Each swim start will be a single mass beach start. Please make sure you seed yourself based on your ability to ensure both you and the other swimmers enjoy all aspects of the swim. All swimmers must pass over the timing mat prior to entering the water - **this is essential** for swimmer accountability and for the results.

Wetsuits are compulsory for all swimmers, except for those who have sought permission prior to the event day. Those swimmers who have been granted permission must swim with an inflatable tow buoy and will be checked against an approved non-wetsuit swimmer list prior to the start.

Transport will be provided for all swimmers to their respective start areas as per the times indicated above in the key timeline of activities. This is not compulsory and swimmers are more than welcome to make their own way to the start of each swim. Parking is available at both start venues.

The Half bay swim start is at the stone Groyne opposite Lodmoor Country Park at Greenhill, Weymouth, Dorset, DT4 7SX. The car park at Lodmoor Country is pay and display.



The full bay swim start is at Bowleaze Cove – the beach to the right of the pier, Preston, Weymouth, Dorset DT3 6PW. The car park at Bowleaze Cove is pay and display.



Swimmers can drop their bags off at the start areas, where they will be brought back to the finish area to be collected on completion of the swim.

The Swim Course

Swimmers travel from north to south in 1 direction, always keeping inside the white buoys pre-laid by the harbour master. Additional buoys will be laid for the swimmers to follow.

Please note;

1. Swimmers must keep the first and last buoy on their right.
2. All interim buoys are to be kept on the swimmers left.

For both distances the first turn buoys will be less than 100m from the shore line.

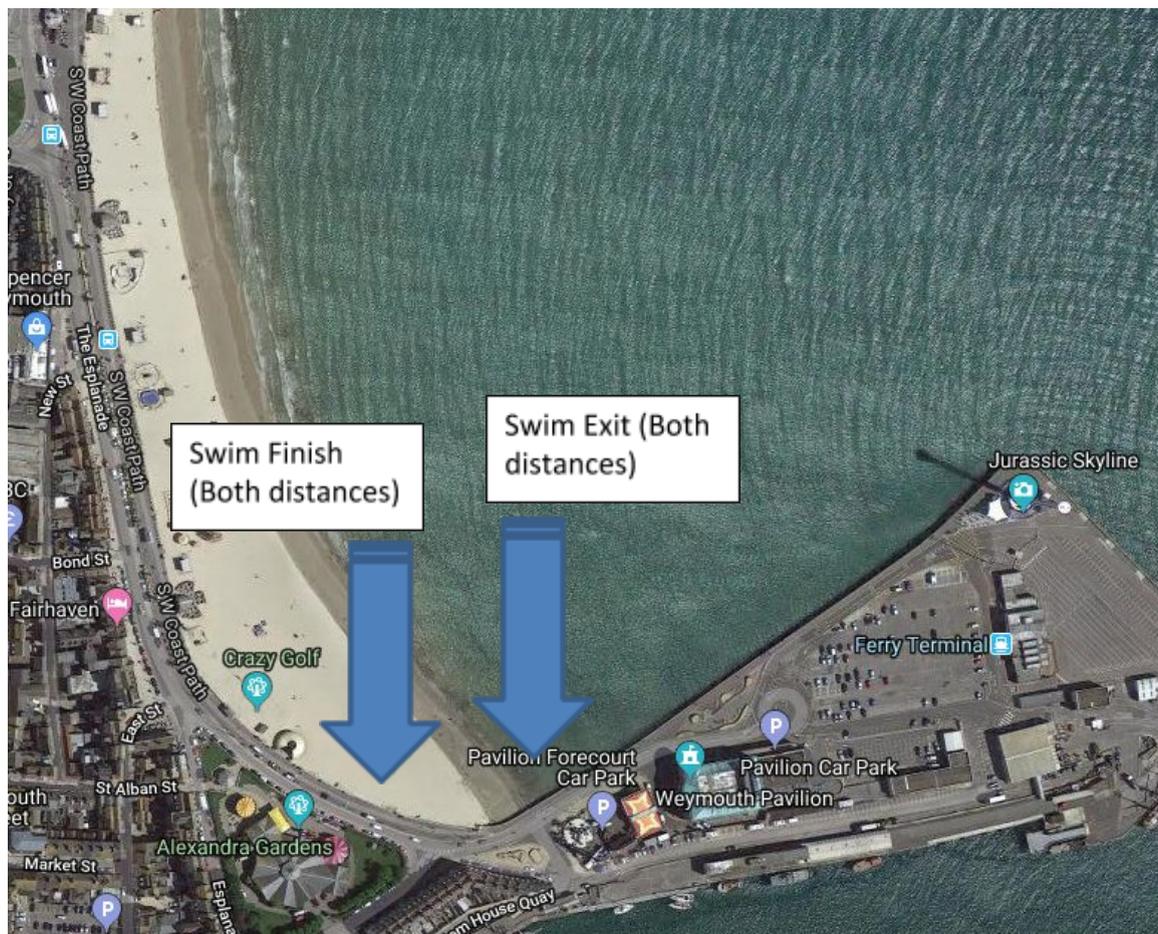
For the full bay course, swimmers will swim parallel to the beach for the first 1.2 miles of the route. The second half of the route is the same as the half bay swim and from this point swimmers will be able to use the tall Jurassic Skyline tower as a distance marker to keep them on track as well as periodic marker buoys along the route. Please refer to the course maps on the website for more information.

For the full bay swim there is an interim cut off at 1.2 mile (at the half bay swim start) of 1:10 hours and a final finish line cut off of 2:20 hours. For those participants who are cut off at the interim point, transport will be provided for them to the finish line.

The half bay swim has no interim cut off, but a finish line cut off of 1:10 hours.

The Swim Finish

Both the full and half bay swimmers will exit the water at the same place and have the same finish line.



Each participant will exit the water next to the pier within an area that will be separated with lane buoys away from the public bathing area. The actual finish of the swim is a short run / walk to the finish line slightly up the beach. Your finish time will be recorded at this point by crossing a timing mat - **this is essential** for swimmer accountability and for the results.

You will receive your finishers medal when crossing the finish line on the beach.

Race Prizes

Prizes will be awarded to: Top 3 male/female (in both full and half bay events).

Full Bay - First place in all 5 year age groups (male/female) from 18 – 24, all the way to 75 - 79.

Half Bay - First place in all 10 year age groups (male/female) from 18 - 29, all the way to 70 - 79

The prize giving will be held at around 11:15 am on the beach at the finish area.

Social Media

Please follow us on the following social media channels and when posting any information to do with the event please use #swimthebayweymouth. **Website:** www.justracinguk.com **Facebook:** Just Racing UK **Twitter:** @justracinguk and **Instagram:** @justracinguk

Once again we look forward to welcoming you to the inaugural 2019 Swim The Bay event.

Alan and the Team.