

Orion Fun-A Thon

Swim-Run Event June 2013: Final race Instructions

Please check start list to ensure you are registered. In case of doubt contact rachel.bowering@bbc.co.uk

This is a multi-sport event so there will be no break between the swim and the run. The “transition” between swim and run lasts as long as it takes to get a t shirt and some running trainers on. Please bear this in mind when deciding on what to wear for the day. In multisport circles it is quite acceptable to run in trunks or a swimming costume!

When you exit a swim and start to run, especially when full of adrenalin, you will feel disoriented. It is a good idea to arrive in enough time to familiarise yourself with the transition between swim and run.

Please ensure you have entry money with you when you arrive (£5 per competitor/team). Parking is as normal in the car parks of the boys’ and the girls’ schools.

Please arrive at the cricket pavilion 40 mins before your start time. (The pavilion is the building with the long glass doors which is on your left just before you go up the steps to the front doors to the boys’ pool.) Here you will pay entry fee (s) and all competitors will have a number written on their calf and shoulder. This will be in permanent marker. Nail varnish remover or a good scrub will remove it!

Ensure all competitors are changed and waiting poolside 15 min before start time. Please remember that due to our timing methods, the whole event will have to run according to published timings. All waves will start on time and late swimmers cannot be accommodated.

Tumble turns are not permitted in the adult events. Turn with a touch on the wall. Exit swim exactly according to race instructions. Exit swim through the fire exit doors at the shallow end of the pool. Change as fast as possible and follow directions to start the run.

We will ensure there are never more than two swimmers in a lane at one time. Any stroke other than backstroke and butterfly are permitted.

Swimmers will go off **in waves** of a max of two per lane over 6 lanes. You must keep to your side of the lane. If you stray into the other competitor’s side and obstruct them you may receive a time penalty.

The **lane counter** will count your lengths and put a “2 lengths to go marker in the water when they believe you only have two to go. **Note:** lap count marshals do their best but can make mistakes it is your responsibility to count yourself they are only a guide.

The clock starts at the beginning of the swim and does not stop until you have finished the run, so quick changeovers are important.

- Don't spend too long getting dried - you will dry out quickly when you start the run section.
- Put a little talcum powder in your running shoes, this makes it easier to put wet feet in.
- Make sure your laces are loose enough to slip your feet in. Instead of tying laces, consider buying lace locks that will hold your laces tight. These are often found on anoraks and rucksacks and can be bought in hardware shops.

Competitors will have to ensure they know how many laps they are running and be able to count accurately. Whilst most competitors should be able to count to 3, under race conditions care should be taken as this is not as simple as it sounds. A supportive "last lap" shout would help from a coach!

Although there will be drinks and cakes on sale, all competitors should bring a drink and/or snack if they need one for during the race as stopping at the cake stall does hinder a quick time!

Times and results will be available as fast as Angie can work them out!

All medals (1st for male and female in each age group and 1st, 2nd, 3rd for each relay category) will be presented by Mary Rhodes (BBC Midlands Today) as soon as they are available.

All competitors are encouraged to stay for the presentation which should be finished by 12.30