



THE BAY SWIM

**ATHLETES EVENT GUIDE -
AQUATHLON**

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WELCOME

THE BAY SWIM SERIES

WE LOOK FORWARD TO WELCOMING YOU ALL THE FIRST BAY SWIM RACE OF THE 2026 SERIES. PLEASE TAKE A MOMENT TO REVIEW THIS EVENT GUIDE, WHICH PROVIDES DETAILED INFORMATION ABOUT EVERY ASPECT OF THE EVENT.

IF YOU HAVE ANY QUESTIONS THAT AREN'T COVERED IN HERE, FEEL FREE TO REACH OUT VIA [INFO@THEBAYAQUATHLON.CO.UK](mailto:info@thebayaquathlon.co.uk) OR CONNECT WITH US THROUGH ANY OF OUR @THEBAYAQUATHLON SOCIAL MEDIA CHANNELS.

FOR ANY LAST-MINUTE UPDATES, BE SURE TO FOLLOW US ON FACEBOOK AND INSTAGRAM. IN THE MEANTIME, ENJOY THESE FINAL DAYS OF PREPARATION, WE CAN'T WAIT TO SEE YOU AT THE START LINE!

JAY, DARREN & PAUL THE BAY AQUATHLON TEAM



SCHEDULE

TUESDAY, 16 JUNE 2026

17:00	REGISTRATION OPENS
18:30	REGISTRATION CLOSES
18:40	MANDATORY RACE BRIEFING
18:50	ACCLIMATISATION
19:00	BAY AQUATHLON & BAY SWIM START TIME
19:30	BAY 5K START TIME
20:15	AWARDS CEREMONY

★ PLEASE NOTE THAT THE TIMINGS MAY CHANGE
SLIGHTLY ON THE DAY



EVENT LOCATIONS

REGISTRATION

REGISTRATION WILL BE LOCATED ON THE GRASS AREA NEXT TO THE SECRET BAR & KITCHEN.

WHAT3WORD: ///EXCUSE.JAZZ.PUNCH

START AREA

THE SWIM START WILL BE LOCATED ON THE BEACH OPPOSITE TO THE SECRET BAR & KITCHEN.

WHAT3WORD: ///DOLLAR.SPRINT.SILENT

THE FINISH LINE WILL BE WITHIN THE SAME AREA AS REGISTRATIO.

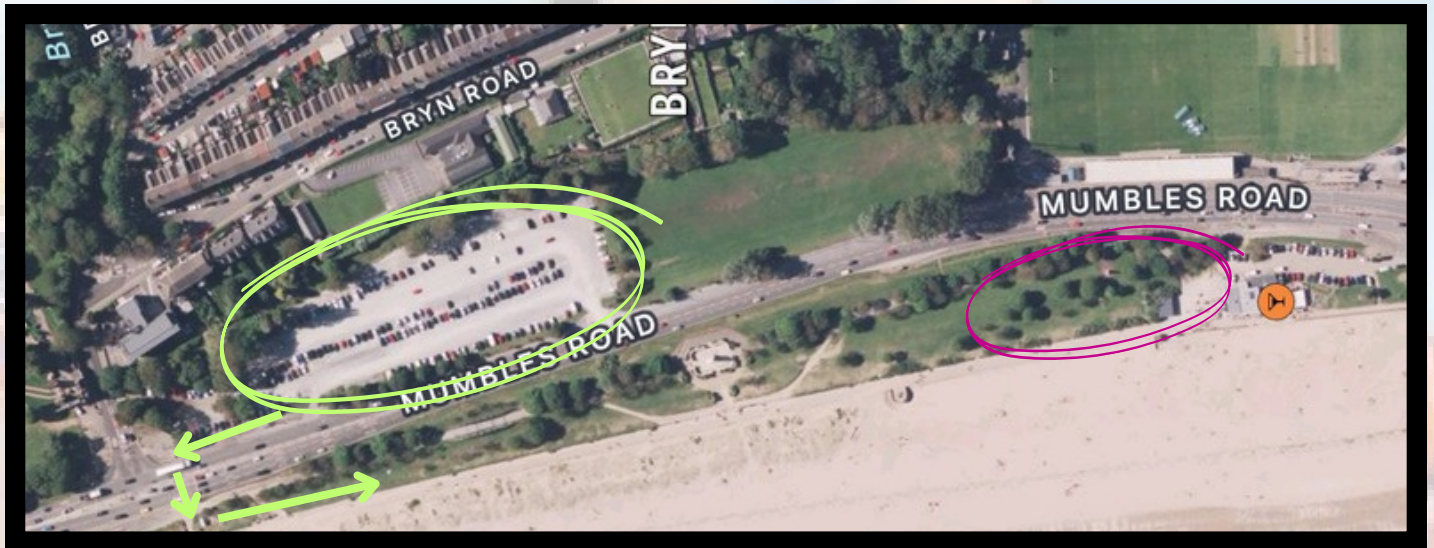
WHAT3WORD: ///VOICES.PLACES.DAISY



CAR PARKING

NEAREST CAR PARK

RECREATIONAL CAR PARK IS LOCATED A 5 MINUTE WALK FROM THE EVENT AREA. CHARGES MAY APPLY.



THERE ARE ADDITIONAL CAR PARKS NEARBY - CHARGES MAY APPLY

- The Baths Car Park (5 min walk)
- Singleton Boating Lake (8 min walk)

PLEASE PARK WITH ENOUGH TIME TO REGISTER & WARM UP!



REGISTRATION

OPEN FROM 17:00 TO 18:30

PLEASE QUEUE AT THE REGISTRATION GAZEBO TO REGISTER, ENSURE YOU BRING SOME ID WITH YOU IN CASE YOU ARE ASKED FOR IT.

WHEN REGISTERING YOU WILL RECEIVE:

SWIM CAP TIMING CHIP

PLEASE ARRIVE AS EARLY AS POSSIBLE TO AVOID ANY REGISTRATION OR TRAFFIC DELAYS & YOU CANNOT REGISTER ON SOMEONE ELSE'S BEHALF.

FOR SAFETY REASONS, MAKE SURE TO COMPLETE YOUR DETAILS ON THE BACK OF YOUR RACE NUMBER PRIOR TO THE START.

WE DO HAVE BAY AQUATHLON MERCH WHICH CAN BE PURCHASED FROM OUR SHOP, THIS CAN BE FOUND ON OUR WEBSITE!



RACE CHECKLIST

SWIMMING ESSENTIALS

- **WETSUIT**
 - **SWIM CAP (GIVEN AT REGISTRATION)**
 - **GOGGLES**
 - **SWIM / TRI SUIT**
 - **EAR PLUGS**
 - **VASELINE**
-

TIMING CHIPS

**PLEASE ATTACH YOUR TIMING CHIP TO YOUR LEFT ANKLE
FOR THE DURATION OF THE SWIM.**



YOUTH CATEGORY

FOR YOUTH PARTICIPANTS IN THE BAY SWIM 2026 SERIES, WE WILL NEED A PARENT OR GUARDIAN TO REGISTER AND SIGN A DISCLAIMER ON YOUR BEHALF.

DISCLAIMERS WILL BE SENT OUT VIA EMAIL 2 DAYS BEFORE THE EVENT AND THEY MUST BE RETURNED BEFORE EVENT DAY. IF YOU CAN NOT DIGITALLY SIGN THEM, THEN REGISTRATION WILL ALSO BE TAKING IN THE SIGNED DISCLAIMERS.

YOU WILL BE PROVIDED A PINK SWIM CAP FOR THE SWIM, THIS WILL ENSURE THAT OUR WATER SAFETY TEAM CAN IDENTIFY ALL YOUTH PARTICIPANTS IN THE WATER.

THERE IS NO SEPARATE WAVE FOR YOUTH PARTICIPANTS, THEY WILL START WITHIN THE WAVES THAT ARE ALLOCATED TO THEIR DISTANCE. WE RECOMMEND THAT YOU STAY AT THE SIDE OR NEAR THE BACK!



RACE INFORMATION

SAFETY & MARSHALS

THERE WILL BE A MANDATORY RACE BRIEFING BEFORE THE START OF THE EVENT TO ENSURE ALL PARTICIPANTS ARE AWARE OF THE SAFETY GUIDELINES AND SPECIFIC COURSE DETAILS.

DUE TO SAFETY REASONS, WETSUITS AND THE ALLOCATED SWIM CAPS ARE MANDATORY FOR OUR EVENTS.

IF YOU ARE UNABLE TO FINISH THE RACE, YOU MUST REPORT TO AN OFFICIAL TO INFORM THEM AND HAND BACK YOUR TIMING CHIP.

PLEASE RESPECT ALL OF OUR MARSHALS, WITHOUT THEM WE SIMPLY CAN NOT HOLD THESE EVENTS. ANY ABUSIVE BEHAVIOUR OR LANGUAGE WILL RESULT IN IMMEDIATE DISQUALIFICATION.



RACE INFORMATION

ENVIRONMENT

TO ENSURE THAT WE HAVE A MINIMAL IMPACT ON THE ENVIRONMENT, WE ASK TO PLEASE RESPECT THE PARK AND TAKE YOUR LITTER HOME WITH YOU!

LOST PROPERTY

ALL LOST PROPERTY SHOULD BE HANDED TO A MARSHALS WEARING HIGH-VIS IN REGISTRATION, IT WILL BE KEPT SAFE UNTIL COLLECTED. ALL LOST PROPERTY WILL BE KEPT FOR 7 DAYS.

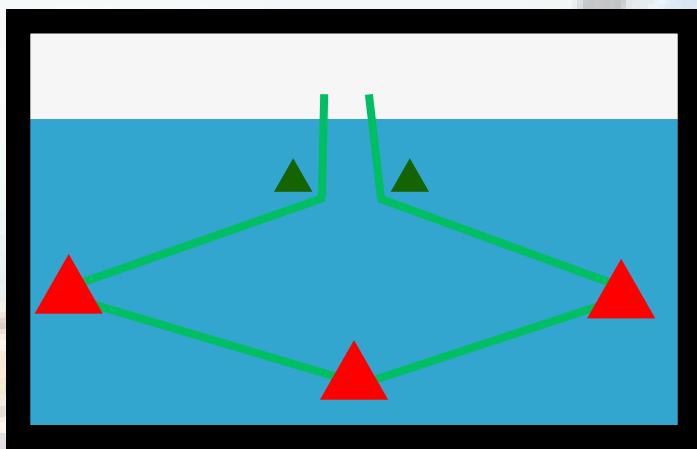
FINISH LINE

AFTER CROSSING THE FINISH LINE YOU WILL BE ABLE TO COLLECT YOUR MEDAL, BOTTLE OF WATER & EXTRA GOODIES. PLEASE RETURN YOUR TIMING CHIP IN THE PROVIDED BIBS. FAILING TO HAND YOUR CHIP IN WILL RESULT IN A REPLACEMENT FEE OF £25.



SWIM SECTION

SWIM DISTANCES 750M - **GREEN**



TO NOTE:
PLEASE BE AWARE THAT YOU
WILL BE STARTING AMONGST
THE BAY AQUATHLON
PARTICIPANTS.

THE COURSE IS A 1 LAP SWIM.

IF YOU NEED HELP

IF YOU NEED HELP LIE ON YOUR BACK WITH ONE ARM RAISED INTO THE AIR AND ONE OF THE CLOSEST MEMBER OF THE WATER SAFETY TEAM WILL ADVISE YOU TO USE THEIR BOARD FOR TEMPORARY SUPPORT IF REQUIRED.

IF YOU DECIDE TO RETIRE FROM THE EVENT, A RESCUE IRB WILL PICK YOU UP AND TAKE YOU BACK TO THE BEACH. YOU WILL NEED TO MAKE SURE THAT YOU HAND IN YOUR TIMING CHIP.

ACCLIMATISATION

GETTING READY BEFORE YOUR SWIM IS VITAL FOR A SUCCESSFUL RACE. PUT ON YOUR GOGGLES, FACE THE WATER, BLOW BUBBLES, AND OPEN YOUR WETSUIT'S NECK TO ADJUST TO THE WATER. AFTER LEAVING THE WATER, KEEP MOVING TO STAY WARM AND READY FOR THE RACE.



SWIM SECTION

THINGS TO KNOW

WHEN ENTERING THE WATER, IT'S IMPORTANT TO KEEP AN EYE ON THE COMPETITORS AHEAD OF YOU. IF YOU ARE NEW TO THIS TYPE OF EVENT, WE RECOMMEND STARTING AT THE SIDE OR BACK TO AVOID THE CROWD.

MAKE SURE TO BRING YOUR HEAD UP EVERY 5-6 STROKES TO KEEP IN A STRAIGHT LINE TO THE BUOYS. ALWAYS KEEP THE BUOYS ON YOUR LEFT HAND SIDE AS YOU SWIM AROUND THEM.

AS YOU ARE SWIMMING 750M, ONCE YOU HAVE REACHED THE FIRST BUOY KEEP GOING TOWARDS THE FURTHEST BUOY WHERE YOU WILL MAKE A U-TURN TO HEAD TOWARDS THE THIRD BUOY. AFTER YOU REACH THE THIRD BUOY, TURN LEFT AGAIN AND SWIM TO THE LAST BUOY WHERE YOU CAN THEN HEAD TO THE FINISH.

YOU MAY FEEL DIZZY WHEN LEAVING THE WATER. TO HELP THIS, FOR THE LAST 50 METERS KICK YOUR LEGS HARD TO GET SOME BLOOD FLOW INTO YOU LEGS. TAKE YOUR TIME GETTING OUT OF THE WATER. REMEMBER, THERE'S NO NEED TO RUSH!

WHEN YOU CROSS THE SWIM START LINE, YOUR TIME WILL STOP. YOU WILL THEN NEED TO MAKE YOUR WAY TO THE FINISH LINE WHERE YOU CAN RUN THE FINISH SHOOT AND RECEIVE YOUR BAY SWIM MEDAL!





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EVENT RULES

- **COMPETITORS ARE REQUIRED TO BE FAMILIAR WITH AND ACCURATELY COMPLETE THE ENTIRE COURSE.**
- **THE USE OF INAPPROPRIATE AND DISRESPECTFUL LANGUAGE IS NOT ALLOWED AT ANY TIME. MARSHALS ARE VOLUNTEERS WHO HAVE TAKEN TIME OUT OF THEIR DAY TO HELP MAKE THE EVENT POSSIBLE. PLEASE SHOW THEM RESPECT AND GRATITUDE FOR THEIR EFFORTS.**
- **WETSUITS ARE MANDATORY. THEY MUST COVER THE TORSO & THIGHS, SLEEVELESS WETSUITS ARE ALLOWED.**
- **YOU MUST SWIM WITH YOUR ALLOCATED SWIM CAP, YOU WILL BE PROVIDED THESE TO WHEN YOU REGISTER ON THE DAY. YOU CAN WEAR TWO SWIM CAPS BUT THE EVENT SWIM CAP NEEDS TO BE ON TOP.**
- **NUDITY IS NOT ALLOWED. PLEASE TAKE THE APPROPRIATE PRECAUTIONS WHEN REMOVING YOUR WETSUIT AND CONSIDER WEARING YOUR RUNNING GEAR UNDERNEATH. ADDITIONALLY, ENSURE THAT YOUR CHEST REMAINS COVERED AT ALL TIMES DURING THE RUN.**
- **IF THERE IS A QUESTION ABOUT A TIME OR PENALTY FOLLOWING THE EVENT, IT MUST BE RAISED WITHIN 24 HOURS OF THE RACE. ALL DECISIONS WILL BE REEVALUATED 48 HOURS AFTER THE EVENT AND THE FINAL DECISION WILL BE FINAL.**

THE BAY SWIM SERIES IS ABOUT HAVING A GREAT EXPERIENCE AND THESE RULES WILL HELP MAKE SURE EVERYONE STAYS SAFE AND HAS A FAIR CHANCE OF COMPETING.



POST RACE / AWARDS

AWARDS & RESULTS

THERE WILL BE AWARDS FOR THE 1ST, 2ND, 3RD OPEN & FEMALE

YOU CAN FIND THE RESULTS ON OUR WEBSITE & THROUGH OUR SOCIAL MEDIA PAGES.

SOCIAL MEDIA



IF YOU OR YOUR SUPPORTERS CAPTURE ANY PHOTOS ON THE DAY, PLEASE SHARE THEM WITH US USING #THEBAYAQUATHLON AND MENTION US AT @THEBAYAQUATHLON OR @ASPIREXEVENTS. WE MAY FEATURE THESE ON OUR INSTAGRAM AND FACEBOOK PAGES.

CHECK OUT OUR WEBSITE FOR MORE INFORMATION AND WE HOPE YOU HAVE A GREAT EXPERIENCE!

