



**SUNDAY 17 SEPTEMBER 2023**

**RACE INFORMATION FOR ALL COMPETITORS & EVENTS TEAM**  
**Mad Hatter Sports Events**

# RACE INFORMATION FOR ALL COMPETITORS & EVENTS TEAM

Welcome to Mad Hatter Sports Events CARBIS BAY SWIM FESTIVAL. Please ensure that you read ALL the following details carefully and we hope you have a safe and enjoyable event.

## EVENT HQ

CARBIS BAY Estate, Carbis Bay, St Ives, TR26 2NP.

## TRAVELLING TO THE EVENT

Carbis Bay is a very popular Cornish beach and can be very busy, therefore we suggest **Car Sharing** where possible to limit the parking required.

There are two car parks close to Carbis bay but there is limited spaces at these car parks. They are the Carbis bay railway station parking (320m from the beach) or Porthrepta car park (TR26 2TU, which is 500m from the beach).

Other options are to park at St Ives or St Erth and train or bus to Carbis bay.

The first train from St Erth leaves at 09:18 and arrives at Carbis Bay at 09:24 and costs £6 return, the train runs approximately every 30 minutes with the last train leaving Carbis Bay at 19:07.

Another option is to park in St Ives and catch the train to Carbis Bay. These trains start at 09:41 and arrives in Carbis Bay at 09:44 and costs £1, the last train leaves Carbis Bay at 19:41 and again these run approx every 30 minutes.

Please check the train schedules.

Another option is to Park at Trenwith car park in St Ives and walk to Carbis Bay which is a 1.5 mile walk.

## REGISTRATION

This will take place on the beach under the gazebo's. Please refer to the event schedule for when you can register. You must register for each distance separately!

At registration you will be given the following:

- **Event Swim hat** - keep this for all distances you have entered and must be worn during the swim
- **Timing chip** which must be placed outside of your wetsuit. Your timing chip will be reused for all races.
- Your race number which will be written on both hands to show us at the finish.

## CHANGING / TOILETS

There will not be a dedicated baggage drop area, however there will be a space next to registration where you can leave bags.

We recommend you change on the beach and there are public toilets available.

## TIMINGS SCHEDULE and Location

### REGISTRATION

**On the beach**

**08:30 - 09:00 REGISTRATION**

**Juniors**

**09:30 – 10:30 REGISTRATION 3K**

**12:00 – 13:00 REGISTRATION 2K**

**14:00 – 15:00 REGISTRATION 1K**

**09:05 RACE BRIEF JUNIOR SWIM**

**ALL competitors on the beach**

**09:10 WARM UP**

**09:20 START JUNIOR SWIM**

**At edge of the water**

JUNIOR

**10:00pm Approx. PRIZE GIVING**

**JUNIOR**

**On the beach**

**10:45 RACE BRIEF 3K SWIM**

**ALL competitors on the beach**

**10:55 WARM UP**

**11:00 START 3K SWIM**

**At edge of the water**

3K SWIM

**13:00pm Approx. PRIZE GIVING 3K**

**On the beach**

**13:15 RACE BRIEF 2K SWIM**

**ALL competitors on the beach**

**13:25 WARM UP**

**13:30 START 2K SWIM**

**At edge of the water**

2K SWIM

**15:00 Approx. PRIZE GIVING 2K**

**On the beach**

**15:15 RACE BRIEF 1K SWIM**

**ALL competitors on the beach**

**15:25 WARM UP**

**15:30 START 1K SWIM**

**At edge of the water**

1K SWIM

**16:35 Approx. PRIZE GIVING 1K**

**On the beach**

The times above are estimated and dependent on the last finisher. Please be patient with us if we are running late to the displayed times.

# RACE INFORMATION FOR ALL COMPETITORS & EVENTS TEAM

## RACE BRIEF

ALL competitors must attend the race briefing for the distance swim they are participating in. This will take place on the beach and will be announced on the pa. You will be counted onto the beach area so please be patient.

**3K SWIM = 3 LAPS**

**2K SWIM = 2 LAPS**

**1K SWIM = 1 LAP**

## IT IS THE RESPONSIBILITY OF THE SWIMMER TO COUNT THEIR OWN LAPS

Each sea swim starts on the edge of the water. Competitors will swim lap/s of a 1KM triangular course which includes an 'Australian Exit' which means each swimmer is expected to exit the water, run a very short distance and then re-enter the water in between each lap. If you do not wish to race we suggest you place yourself near the back of the start to avoid being swum over or hit by those with a more competitive nature. Water safety cover will be at hand along the length of the swim. If a competitor has a problem or needs a rest, they must put their hand up, shout help or swim to their nearest paddler/SUP. No backstroke or butterfly is permitted, only front crawl, breaststroke or doggie paddle. Wetsuits are optional but we recommend you wear one if it is your first sea swim. The swim route may change due to sea and weather conditions but all competitors will be made aware of any changes at registration and at the race brief.

## THE FINISH

The race will finish on the beach between the large chequered flags. Do not ask the event team members for your race time or place, as they will not know. All results will be published via our website and social media within 48 hours. Water and sweet snacks will be available at the finish.

## PRESENTATIONS

The prize presentations will take place on the beach by the finish area after each event. Prizes will be given to the 1st, 2nd and 3rd male and female winners of the race. Plus 1st in each of the following age categories for male and female:  
U20, 20-35, 36-50, 51-65, 65+, Skins

We will also be giving out spot prizes so please hang around, as it may be YOU!!.

## MEDICAL ADVICE

If you feel unwell on race day please don't swim. If you have any medical condition, including asthma or any allergies, please advise us at time of registration. First aid will be available.

## TRAFFIC, TRANSPORT AND PARKING

Most competitors will travel to the event by car and we encourage car-sharing where possible.

## ENVIRONMENTAL CONSIDERATIONS

This is a privately owned beach and we have been given special permission to use it. We ask all competitors and spectators to use the bins provided or take their waste with them.

## WEATHER

In the case of severe weather conditions, like strong winds and big swells which will affect sea conditions, we will have no option but to shorten each sea swim or cancel the event and rearrange. Competitors will be notified via email and our social media channels. If possible a new date will be planned or a refund offered in line with our refund policy.

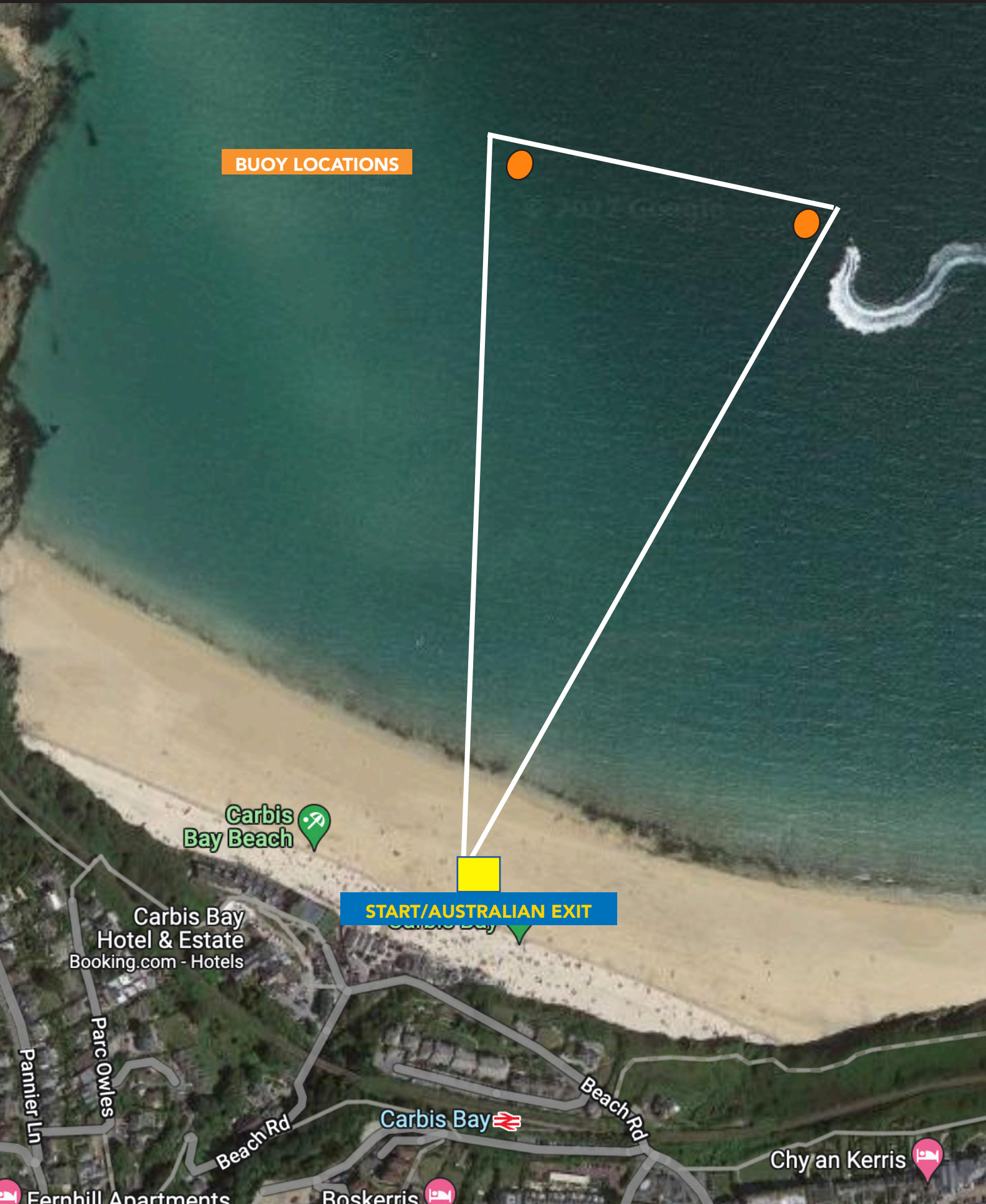
## FOOD & DRINK

There will be hot and cold food available on the beach either at the beach cafe or at the deli

## SPECTATORS AND VIEWING AREAS

The general public will have access to the beach and its surrounding areas for spectating. We would kindly ask all spectators to keep clear of the swim route whilst in progress and remain clear of the entry/exit and finish area until the race is over. The harbour wall is an ideal viewing point for the swim.

# COURSE MAP



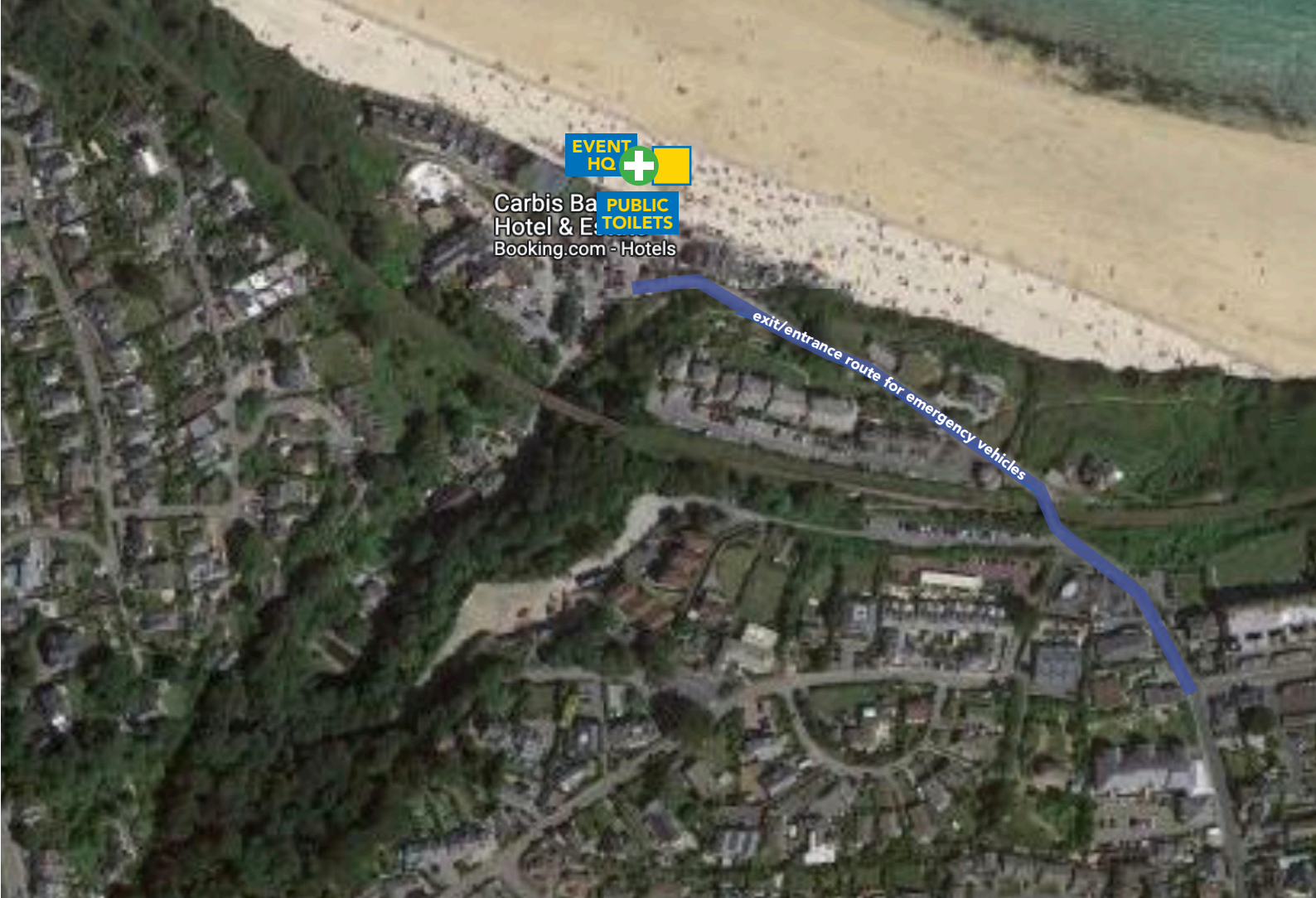
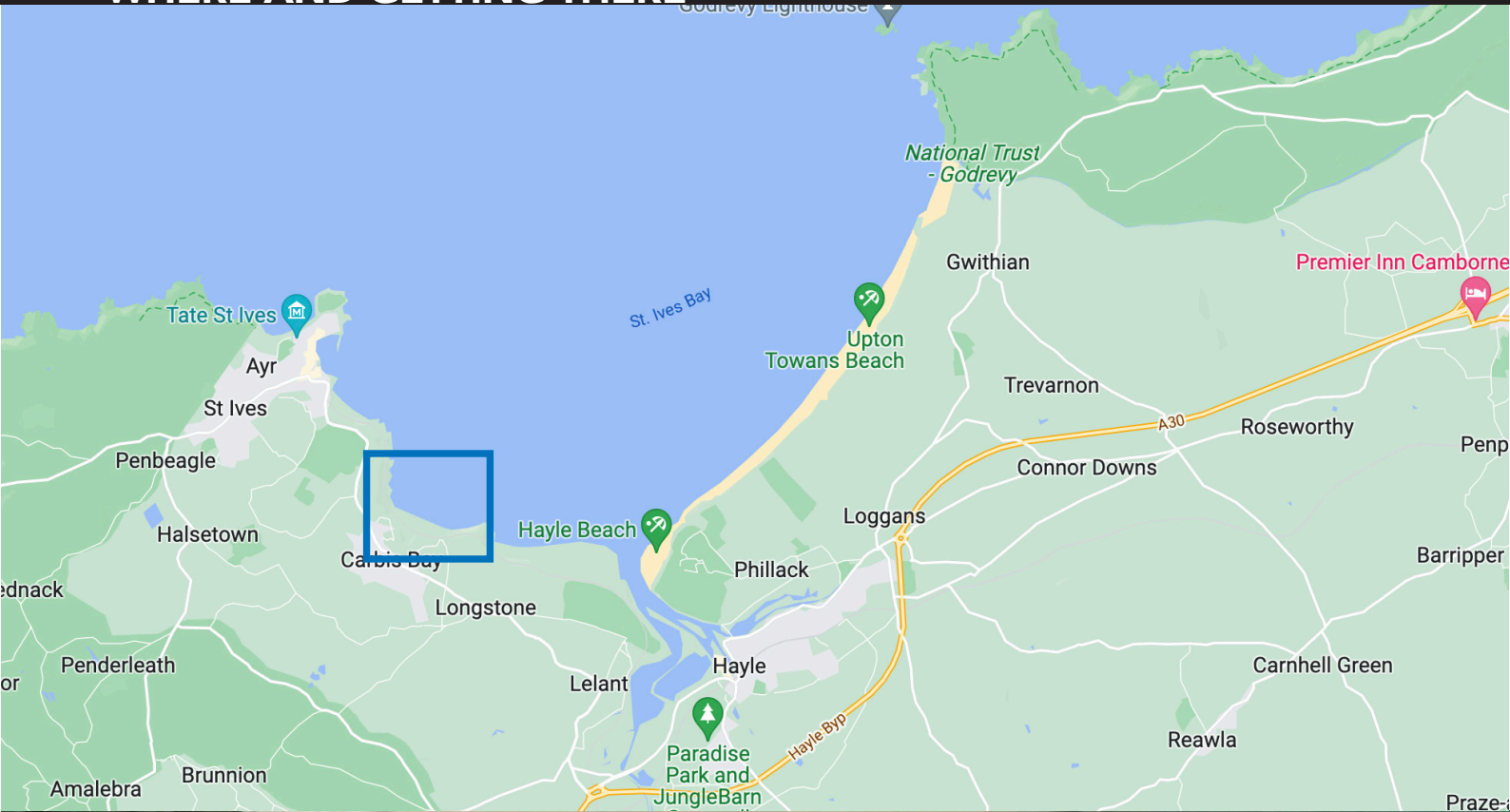
**BUOY LOCATIONS**

**START/AUSTRALIAN EXIT**

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# WHERE AND GETTING THERE



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