



Saturday 17th September 2022

Event Information

Dear Participant,

Many thanks for entering Swim Loch Tay on Saturday 17th September 2022. All the information about the event can be found on the pages below. If the answer to your question is not here please email events@tayfitness.com. Please pay particular attention to the information in **RED**. We look forward to seeing you on the day.

Program Of Events

9am	Registration desk opens at Loch Tay Highland Lodges marina. This is where you will pick up your timing chip and swim cap.
10.30am	Breakfast rolls, soft drinks and hot drinks available from The Boathouse
11.00am	Registration desk closes
11.00am	250m start
11.30am	5K start
11.45am	3K start
12pm	1500m start
12pm	Hot Food, hot and cold drinks from The Boathouse
12.15pm	750m start

Race Registration

You must come to registration between 9am and 11am to collect your timing chip and swim cap. The registration tent will be clearly marked within the event hub.

Safety Briefing

Approximately 10 minutes before each distance is to start, everyone will be gathered together for a short safety briefing. You will then be led down to the start area and be given time to acclimatise to the water before each wave starts.





On the Day Facilities

On the day facilities (available for all participants, family and friends to use) are as follows:

- Loch Tay Highland Lodges marina (Event Hub) – Male Toilets, Female Toilets, Disabled Toilets, Heated Male and Female Changing Rooms, Baggage Drop, Showers
- Stables Bothy – Showers (will be signposted)
- The Boathouse Restaurant – Male and female toilets, food and drink throughout the day

Baggage Drop

There will be a baggage drop facility at the marina. Bags can be left for the duration of the event. You will be given a luggage label to attach to your bag when you drop it off. To pick up your bag after the event you must show your swim cap number at the baggage van.

Directions to Loch Tay Highland Lodges Postcode for Sat Nav is: FK218TY

From Edinburgh and Glasgow (The South and West) - Follow directions towards Stirling, leaving the M9 at Junction 10. At the roundabout take the 2nd exit for Crianlarich (A84). Follow this road for approximately 1 hour. You will pass through Doune, Callander, Strathyre and Lochearnhead. Drive through Lochearnhead up Glenogle (A85) and over the other side of the hill. Killin is signposted as you come down the hill, take a right turn onto A827 and follow the road for 3 miles. Drive through the village of Killin past the Killin Golf course. Loch Tay Highland Lodges are 5 miles from Killin on the right hand side. When you arrive, please follow the directional signage down to the Loch.

From Perth and Aberdeen (The East and North) – Follow directions for Crianlarich (A85) from Perth. You will pass through Crieff, Comrie and St Fillans. When you get to Lochearnhead turn right. Drive up Glenogle and over the other side of the hill. Killin is signposted as you come down the hill, take a right turn onto A827 and follow the road for 3 miles. Drive through the village of Killin past the Killin Golf course and Loch Tay Highland Lodges are 5 miles from Killin on the right hand side. When you arrive, please follow the directional signage down to the Loch.

Car Parking

Car parking for the event is in a field close to the event hub. There will be signs displayed within Loch Tay Highland Lodges and there will be marshals on hand to give you directions. The field is not suitable for campervans or low cars.





Swim Loch Tay

Event Start

The start location is in the Loch Tay Highland Lodges Marina, where the race also finishes. Start times for each distance can be found on page 1.

Event Finish

As you finish the event you will exit the water on matting and walk up the finishing funnel and through the finish gantry. You will then receive your medal.

250m

Children aged 8-12 must be accompanied by an adult. If the adult is participating in a longer distance event, they should wear their timing chip and swim cap so they can be safely monitored in the water. The timing chip will be reset after the 250m swim. 13 years + can swim solo.

The 250m event will start before the other events to allow parents to swim with their children. All swimmers registered for the 250m swim will receive a medal. ALL children must be collected by an adult after their swim. **Please do not leave your child unsupervised while you swim in another distance, there are not enough marshals available to look after any children.**

Medical Cover and First Aid

The safety of our participants is paramount. In the water you will be monitored by water safety kayakers, motor boat staff and highly qualified medics from Artemis Outdoors. You will never be far from our highly skilled event team, ready to help you. If for whatever reason some assistance, just lay on your back, pop your hand up, and one of our safety team will make their way to you to check everything is ok.

Medical Conditions

All swimmers with medical conditions should have noted this on their entry form when registering. If you forgot of your medical conditions have changed please ensure you inform the event registration team.

Marshals

Around the marina there are a number of event marshals (they will be wearing blue bibs). If you have any questions or queries please ask and they will be able to help you or can direct you to someone who can.





Swim Caps

Each wave is allocated a different colour of swimming cap. You will collect your swim cap at registration between 9am and 11am. 250m – blue, 750m – green, 1500m – red or yellow, 3K – orange, 5K – turquoise. If you need to swap distance it is essential you inform a member of the event team at registration.

Route and Distance Buoys

All events start at the harbour and finish at the beach. They are located within 25m of each other and will be clearly marked.

250m – 1 loop of 250m

750m – 1 loop of 750m

1500m – 2 loops of 750m

3K – 4 loops of 750m

5K – 4 loops of 1250m

Electronic Timing and Results

Electronic Chip Timing is being provided by Perfect Timing Scotland. Your timing chip ankle bracelet (attached to your left ankle, with the chip on the outside of your leg) will record your time so it is important you don't swap bracelets with anyone. This will enable all swimmers to receive an accurate finish time. You will receive an email after the event when the results are available online.

Photography

There will be an official event start/finish photographer present at the event to photograph all swimmers along with a couple of 'roving' photographers. The photos will be published online in the days after the event.

Event Sponsor: Loch Tay Highland Lodges

We are delighted to welcome Loch Tay Highland Lodges as the headline sponsor for our the event. Featuring Scandinavian built holiday lodges and "award-winning" glamping accommodations LTHL are situated in the central Highlands of Scotland, on the shores of Loch Tay, a few miles from Killin.. They are based within Perthshire, one of the most beautiful areas of Scotland; surrounded by mountains, lochs, rivers, and within easy driving distance of Edinburgh, Stirling and Glasgow.

Whether you are looking for a short break away, glamping in one of their new Geo-Domes or are





looking for a family in one of their many different lodges overlooking the Loch, you will be spoilt for choice. Take advantage of the great range of watersports and activities available or simply take in the stunning scenery on a walk. With hot tubs now available at many of their accommodations, you can make your holiday even more special by relaxing together after your day in the Highlands.

To book a holiday at Loch Tay Highland Lodges visit www.lochtay-vacations.co.uk

Finally...

There are a large number of people who are helping out with the event on the day and have volunteered their time to help make the event a success. Please give these people a smile and a 'thank you'.

