



SWIM LOCH TAY

Dear Participant,

It's less than 48 hours until you will be participating in Swim Loch Tay on Saturday. Here is some last minute key information:

- **Queen Elizabeth II** - In light of the passing of Her Majesty the Queen and after careful consideration, we can confirm that the event will still be going ahead as planned. We will be asking all participants and staff to observe a minutes silence prior to the first wave at 11am, as a mark of respect.
- **Accommodation Discount** - Our award winning sponsors and hosts, Loch Tay Highland Lodges, have some fantastic deals available for 1 and 2 night stays this weekend. Phone them direct to make a booking and save on their full range of accommodation types! Phone **01567 820323** to book your stay!
- **Event Hub** - Opens at 9am, this includes registration, toilet facilities, changing tents and bag drop.
- **Shower Facilities:** These are located a short distance from the event hub. You will drive past the sign for the showers as you drive through the Lodges site. There is parking available and the showers are approx 100m away, please follow the signs. There will be heated changing tents at the event hub if you do not wish to have a shower.
- **Start Times** - These are the approximate start times for each distance. Prior to the first event at 11am we will be observing a minutes silence in memory of Her Majesty the Queen. Registration: 9am to 11am. Swim starts - 250m: 11am, 5K: 11.30am, 3K: 11.45am, 1500m: 12pm, 750m: 12.15pm
- **Car Parking** - The event car park is in a field next to the loch. There will be signs displayed within LTHL and marshals on hand to give you directions. If you know of anyone who is staying onsite at LTHL, you can park at their accommodation if they have a spare parking space.
- **Info Pack** - View the full event info pack so you know exactly what to expect on race day - **INFO PACK**

- **Wetsuits and Tow Floats** - As we have noted in previous emails the final water temperature will be measured on the morning of the event. Current indications show it will be less than 15°C so wetsuits will be mandatory. Tow floats are not permitted at the event due to the close proximity of swimmers.
- **Food** - All catering is provided by the Boathouse Restaurant. Breakfast will be available from 9am to 11.30am and lunch from 12pm onwards. There are options for takeaway and sit-in.
- **Medical Conditions and COVID-19:** Rules were relaxed from the 18th April regarding the wearing of face masks and testing for Covid-19. We ask you to be mindful that at points over the day you may be in close proximity to others or in larger crowds both indoors and out. At these times, please wear a mask if you feel it is necessary. If you do test positive, please follow all Government guidelines for your own safety and the safety of others. Please stay up to date by visiting www.gov.scot.

We look forward to seeing you on Saturday,

Tay Fitness Events
events@tayfitness.com

ALL EVENT INFO

For The Love Of Fitness



RUN MHOR



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