



Jubilee River Swim  
2022  
Sunday 5 June

**SWIMMER  
INFORMATION  
PACK**

Taplow – Eton  
10km



# Jubilee River Swim 2022 Welcome!

Thank you for registering to swim with us this year at the 2022 Jubilee River Swim.

This information pack contains everything you need to know about the event. Whether you are a seasoned Jubilee Swimmer or joining us for the first time, please take some time to read the information contained within this document.

If you have any questions that are not covered, please email [info@mstevents.co.uk](mailto:info@mstevents.co.uk)

We look forward to welcoming you all on Sunday 5 June for what will be a full-on event!





# Parking & Registration

Parking for this year's event is at [Yellowfoot Lodge, Pockocks Lane, Eton, SL4 6HW](#) and will be clearly sign-posted as you arrive. Please note this is different to the last couple of years and about a 400m walk to the race village & registration. Please car-share where possible.

As registration is a 400m walk from the car park we would recommend wearing shoes/ flip--flops!

**PLEASE NOTE THAT THE CAR PARK WILL CLOSE AT 16:00 – please ensure you have removed your car by this time.**

At Registration you'll find portable toilets and hand sanitiser in addition to our wonderful registration team and volunteers who will help make everything simple for you.

Catering will be available at registration this year including Unholy Donuts – so remember to bring a payment option.

On the event morning you will collect:

- Event Swim Cap – which must be worn during the event.
- Ankle timing chip – don't lose this, we don't have spares and they are expensive to replace! Please note Relay teams will be provided ONE timing chip per team [aka your baton].
- Numbered luggage label for the bag you will take on the bus to the start line. This bag will be transported back to the finish area for you.



# Transport to the Swim Start

Bus transport is provided for all swimmers from Registration to the Swim Start in Taplow. If you have pre-purchased spectator bus tickets these will be handed to you at registration [participants do not require a ticket].

Seating for swimmers will be prioritised ahead of spectators and it is possible that spectators may be asked to wait to travel on a later bus. Well behaved dogs are permitted to travel on the buses.

The buses will drop you off roughly 400m from the start area. Here you'll be met by our team and there will be signage guiding you in the right direction. Toilets will be available at the bus drop off point.

DryRobes/clothes and shoes for travel on the bus and any other items you NEED immediately prior to your wave start will be returned to the registration area in the race village for collection after your swim. We suggest you bring a SMALL bag on the bus for these items. Your cars will only be 400m from the finish line so please leave all other non-essential items in your car.

# Event Timetable

We have 6 swim waves with approximately 55 swimmers in each. Waves will start 15 minutes apart. Your swim wave is determined by your predicted finish time with the later waves being made up of those swimmers with the faster estimated times. Don't get too concerned about the swim group you're in – as long as you have been realistic with your estimated finish time, you will be in the correct wave!

Final swim start times will be confirmed on Friday 27<sup>th</sup> May and will be emailed to you and published [here](#).

There is a compulsory race briefing for all participants, this will take place at the swim start area.

The Jubilee River Swim is not a race, and we guarantee the quality of the prizes reflects this! We want you to enjoy your experience but appreciate that some of you will wish to 'race' more than others; please ensure that you put each other's safety above all else and look after each other.

Despite starting in waves of relatively similar abilities, you will inevitably spread out and faster swimmers will catch up with slower swimmers who started earlier.

Please be respectful of others, the Jubilee River is large enough, that nobody needs to be swum over!!





# Event Timetable 2022

| Time  | What's happening!                        |
|-------|--|
| 06:30 | Car park opens                           |
| 07:00 | Registration opens                       |
| 08:00 | Buses for Wave 1 & 2 depart registration |
| 08:20 | Buses for Wave 1 & 2 arrive at start     |
| 08:30 | Buses for Wave 3 & 4 depart registration |
| 08:30 | Registration closes                      |
| 08:50 | Buses for Wave 3 & 4 arrive at start     |
| 09:00 | Buses for Wave 5 & 6 depart registration |
| 09:00 | Wave 1 starts                            |
| 09:15 | Wave 2 starts                            |
| 09:30 | Wave 3 starts                            |
| 09:20 | Buses for Wave 5 & 6 arrive at start     |
| 09:45 | Wave 4 starts                            |
| 10:00 | Wave 5 starts                            |
| 10:15 | Wave 6 starts                            |
| 12:15 | First Finishers Expected                 |
| 14:30 | Final Finishers Expected                 |
| 15:00 | TO THE PUB / CAFÉ / RESTAURANT           |

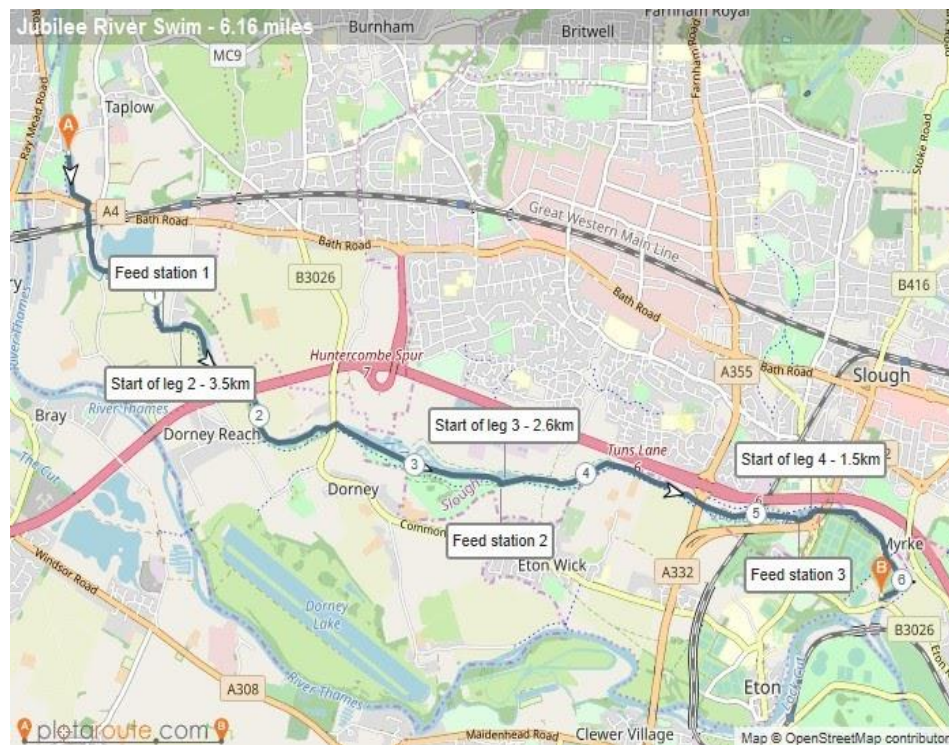


# The Swim Course



The swim comprises 4 legs, distances as below. Each swim leg is separated by a weir. There is a gentle assisting current in the River!

- Leg 1 – 1.9km
- Leg 2 – 3.5km
- Leg 3 – 2.6km
- Leg 4 – 1.5km





# Swim Etiquette & Safety

There are three weirs along the course; **YOU MUST EXIT THE WATER AND GO AROUND THESE ON FOOT.** This is a short walk on mixed surfaces: gravel, grass and concrete.

**EACH EXIT POINT IS ON THE RIGHT-HAND SIDE OF THE RIVER.** We don't want any swimmers over-shooting the exit points, so listen out for marshal / water safety team instructions. The swim exit at the end of leg 2 is partially blind so pay extra attention!

Please only enter or leave the water at the designated areas, unless in the instance of an emergency. Take your time and carefully enter or leave the water; our marshals will be there to assist you so please listen to them as they have your safety in mind.

Each swim group will be supported by an experienced water safety team; they are there to guide you along the river and to look after you – **LISTEN TO THEM!**

As a general rule, **PLEASE SWIM ON THE RIGHT-HAND SIDE OF THE RIVER.**





# Swim Etiquette & Safety

The use of tow floats, neoprene hats, gloves and booties is permitted. Music listening devices are not allowed as you may not hear important instructions. Other safety points to note include:

- covering up cuts with waterproof plasters and avoid swallowing water as well as washing hands /using antibacterial gel before eating or drinking;
- showering as soon as possible after your swim;
- trying not to ingest water while swimming;
- ensuring all swimming kit (wetsuit, costume, goggles, hat etc) is washed in clean water and thoroughly dried prior to the next session.
- being aware of other river users e.g. canoeists, rowers, fishermen.
- not diving into the River;

In the event of an emergency:

- If you are in the vicinity of one of the water safety team then turn onto your back and raise an arm for assistance.
- If you are not in the vicinity of one of the water safety team then make your way to a safe exit point at the bank side, exit the water and signal one of the land-based safety crew.





# Nutrition

We recommend that you bring along your own food and drink that you will require during the event after all this is what you will have trained with and less likely to cause any cramps or stomach upsets. **This will be transported to the feed stations for you.**

There will be a selection of snacks available at the Feed stations which are located at each river exit point [something salty & something sweet] along with water, flat-coke etc. should you need to supplement your own food & drink.

At Registration there will be clearly labelled boxes for each wave and for each of the three feed stations, e.g

## WAVE 1 - FEED STATION 1

Please place your **clearly named and identifiable nutrition ziplock bags [or similar] & bottles** in the relevant boxes as required. These will be transported to the relevant feed stations for you.

If using a tow-float you are welcome to use this to transport some / all of your nutrition requirements.

If you have supporters following you, or are part of a relay team, your nutrition could be carried by them.

Hand sanitiser will be available at each feed station.



# The Relay – additional information

Relay teams will be allocated swim waves based on the predicted finish time provided.

All relay team members should catch a bus to the start and then follow their team member along the river to the exit point for changeover. We will not be providing transport to individual changeover points.

The timing chip provided is your 'baton'. At changeover points the timing chip should be removed from one swimmer and attached to the next swimmer, and this will be repeated at subsequent swim exits.

Hand sanitiser is available at changeover points.

Relay teams will be provided with an overall swim time, swim leg splits will not be provided.



# THE FINISH!

**YOU'VE MADE IT!** The finish is at Eton, where you'll exit the water for the final time. There will be bottled water and snacks available for all finishers.

We'll collect your timing chip and strap before you head back to your car a short walk away. You may be a bit wobbly so please take your time!

Please note there are no shower facilities available at the finish area so we would encourage you to use the hand sanitizer available and bring what you would normally use to wash down after a river or lake swim.

Your result/swim time can be found at [www.dbmax.co.uk](http://www.dbmax.co.uk) immediately after the event.

Every swimmer will also receive an iTAB, engraved with their name & finish time. This will be sent to you after the race and fits neatly into the finisher medal. Keep an eye out for the special memento we also have for you this year!





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