

Outlaw Swim - 23 July 2022 National Water Sports Centre, Nottingham

Welcome to the 2022 Outlaw Swim, part of the Outlaw Nottingham Weekend.

The popular Outlaw open water swim events take place in the Regatta Lake at the National Water Sports Centre. The routes are easy to navigate and are suitable for swimmers of all levels from those looking to complete the distance as a personal challenge to those aiming to win their age group.

Entries

If you have not purchased online, entries will be available on the day at £30 (2.5k) and £35 (5k), subject to availability. The minimum age to take part is 12 years old by 31.12.22 for the 2.5km and 13 years old for the 5km.

Race packs can be collected from the Registration Marquee at the Event Village from 08:00

Getting to the National Water Sports Centre

Roadworks are happening around the National Water Sports Centre – please check journey times

Sat-Nav users are advised to use the named location "Holme Pierrepont National Water Sports Centre" rather than the postcode, as some Sat-Nav's will direct you to Colwick Race Course on the opposite side of the river.

From the South: Turn off at junction 24 of the M1, take the A453 to Nottingham and then the A52 to Grantham. Follow signs to the National Water Sports Centre.

From the North: Turn off at junction 26 of the M1, take the A610 and then the A52 to Grantham. Follow signs to the National Water Sports Centre.

Nottingham Train Station is 15 minutes by car.

Car Parking

The venue is charging for parking. If you have purchased in advance, please be aware that you will need to collect your Parking Swing Ticket from Registration and then display this to be checked on your EXIT from the car park. If you haven't purchased in advance, you can buy parking on the day (£5 Saturday or £10 weekend).

As you approach the National Water Sports Centre on Adbolton Lane, aim for the following what3words address: ///moral.ropes.robe and then follow the directions of the Parking Stewards to the next available car park.

Please do not park on the roads at any point during the race weekend, it is dangerous and affects our relationship with the highways department – thank you!

Venue & Facilities

You and your spectators will be able to enjoy the spacious grounds of Holme Pierrepont Country Park, the home of the National Water Sports Centre. For details of activities and the on site café, please take a look at their website:

<https://www.nwscnotts.com/hpcp/>

The Outlaw Event village will have a range of catering outlets as well as the Expo to explore. There will be plenty of toilets around the site.

There will be a basic bag drop facility available for swimmers to use (all items are left at the owners' risk), located near the swim start area by the Boathouses.

There are also lockers, change and shower facilities available in the main building (these are managed by the National Water Sports Centre and are available on a first come first served basis).

Safety of our competitors is paramount and during the event we will be supported by a specialist medical team. If before, during or after you feel you require medical care, please contact an event marshal.

Registration & Race Numbers

Please collect your race pack at Registration. Your race pack will contain all the items you need to race:

- Outlaw Swim Hat – Pink 2.5k, Blue 5k
- Wristband
- Timing chip with ankle strip

You have the choice whether to wear a wetsuit or not.

If you have a medical condition which our Water Safety & Medical team should be aware of, please ask our Registration team for a White Swim Cap. This ensures we can swiftly provide suitable treatment in the event of your needing attention.

Race Start

Athletes should gather at the Start area down at the Boathouse end of the lake.

- 2.5k – 08:45 for 9:00 start
- 5k – 11:15 for 11:30 start

There will be a table near the start where athletes can leave items like glasses and inhalers which are needed immediately before, during or after the swim. The contents of this table will be transported to the Finish area during the race for athletes to access immediately post event. Please do not use this table for storage of any other personal items.

There will also be an area to drop footwear if you wish to remove this at the last minute – note that any items not collected after the event will be donated / thrown away as appropriate.

You will enter the water via the pontoon, you can dive or slide into the water as appropriate and take a couple of moments to acclimatise before the race begins.

The start will be a mass start. You will cross a timing mat before entering the water, this is just to count you into the water, and then the race time will start when the starter pistol is fired.

The Race

There will be a 1.25k circuit indicated by large orange Zone 3 buoys which you will keep on your right as you swim the lap clockwise. The 2.5k swim is two laps, the 5k swim is four laps. There will be a further red pyramid buoy to indicate the left turn for the finish exit when you complete your final lap.

There will be a swim-up drink station set up on the end of two of the finger pontoons at the Boat House end of the circuit if you wish to pause for a drink.

Water safety kayaks will be present on the lake.

For the 5k swim, you must have started your fourth lap by 13:15 otherwise you will be asked to withdraw from the event. This is to ensure we can manage water safety and athlete wellbeing.

You may swim any stroke except Backstroke. If at any point you require assistance during the swim, please roll onto your back and wave your arms to attract the attention of our Water Safety team.

The Finish

When you complete your final lap, you will exit the water in front of the Grand Stand seating. Upon exiting the water, you will have a 20 metre run, finishing under the Zone 3 gantry. Drinks will be available in the finish area where you will collect your finishers' medal.

After your race, head up to the Event Village where you can check your finish time on the screens and enjoy the atmosphere.

Results & Awards

Results will be made live on our event website www.outlawtriathlon.com or can be viewed at Results Base.

There will be prizes for the overall event winners as well as awards for the winners of Age Groups, presentations will be at 11am for the 2.5k and 2pm for the 5k.

Withdrawals

The withdrawal date for this event has now passed, please refer to the Terms and Conditions of Entry for details. Please note, race numbers should not be passed to other athletes as they will be uninsured and may cause issues with Age Group awards.

Thank you

We hope that you enjoy the Outlaw Swim and that we see you at future events. We would also like to thank all the volunteers who give their time to make the event possible.

Further information

Please contact the office with any queries prior to Wednesday 20 July (info@outlawtriathlon.com or 01522 699950). After this date, the office will be closed and emails will not be monitored as we will be setting up the Event. Please visit Enquiries on the day with any final queries.

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