

ARRANGERAS I SAMARBETE MED:



Thanks:



Soon time for the race. Here's some helpful info!

General information:

Wetsuit is allowed and recommended! Both for safety and speed. You will get cap at registration.

Paddles or fins are not allowed!.

Temperature is appr. 20 degrees celsius.

There are 2 races: 3200m och 1609 m. Start time 09:45 and 11:00 for 1609m. Registration opens 1,5h before start time. You will start from the water!

Place of start: 3200m: Råambshovsparken – 1609m: Stadshuset (City Hall)

More info about the races further down.

You will get a timing chip for both races.

All competitors are insured during and to/from the race via Folksam K96.

There are several Food Trucks near the finish, and a nice restaurant around 100m from the finish.

Safety:

Safety is top priority!

We have boat, fin swimmers and kayaks in the water. But remember you swim at your own risk.

If you feel uncomfot, please stop and call for nearest safety person. In case you stop the race, please inform a race organiser. Also medical persons will be at the site.

Registration:

You register where each race starts.

You get cap, timing chip and a number to put on your bag. There will be transport for bags from start City Hall to finish line. (for the 1609m race).

We will also write your start number on your hand and manually write order of finish.

3200 m:

Start and finish Råambshovsparken. Start time is **09.45**, registration opens **08.15**.

The start will be from the water. Countdown from 9:35 and the nits ok to get in the water to warm up and position before race starts. Map of the 3200m race is further down.

You will pass 3 buoys, du should have the buoys on your right side!

Your time stops when you put your hand on timing ramp in front of the stairs.



1609 m:

Start will be at City Hall and finish Rålambshovsparken. Start time is **11:00**, registration opens **09.10**. The start will be from the water. Eventually start can be a few minutes later, depends on swimmers swimming the 3200m race. Map of the 1609m – scroll down. You decide the fast way from start to finish.

Your time stops when you put your hand on timing ramp in front of the stairs.



Mini-Riddarfjärdssimningen/Open Water test 200m:

at start/finish area Rålambshovsparken we will arrange a 200m intro to open water swim test. No entry needed, just drop in. Open from 10:15 to 12:15.

Award ceremony c:a 12:00

All swimmers get a medal after the finish. At the finish there will also be **coffee, fruit and candy for the swimmers!**

Price ceremony for the top 3 will be around 12:00.

More information:

There are toilets near the start at City Hall. Also in Rålambshovsparken.

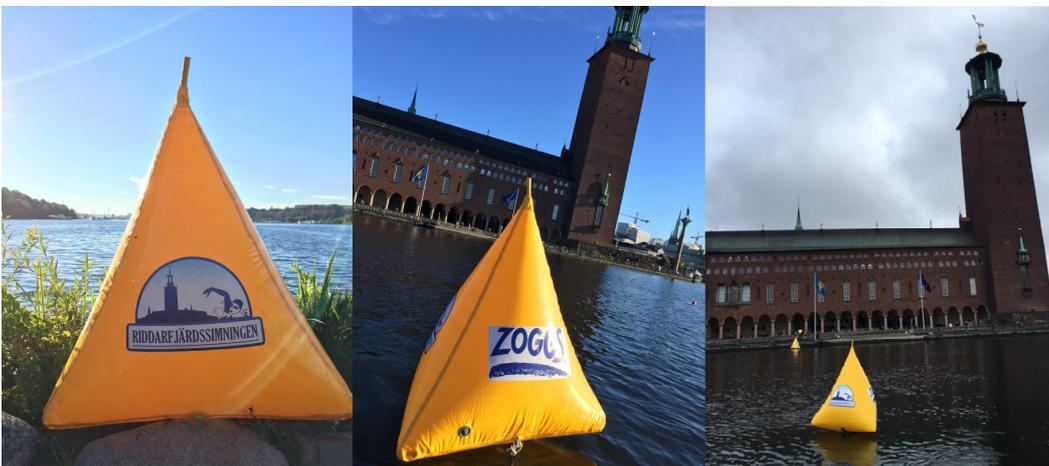
Parking: along the street of Norr Mälarstrand. Please observe parking sign and the cost of parking!

Closest subway station:– for the swimmers of the 3200 race, closest is station Thorildsplan (green line) For those starting the 1609m race at City Hall, the closest station is T-centralen (all lines) or Rådhuset (blue line).

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Maps: next page

Buoys for the 3200m race. (1,6m i height)





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See you Saturday! Good Luck!!

If you have any more questions, dont hesitate to email: peter@swimshop.se