



Athlete's guide - Vansbro 10K

Sunday, June 30, 2019

Registration

Register to the race on

<https://registration.vansbrosimningen.se/anmalan/>

Registration is open until 29 June 2019 (if the race is not full before)

Race fee

Entry fee to participate in the race is 1500 SEK

Age limit

15 years

Start package

The start package is collected in the information tent on the arena. The start package includes swimming cap, starting number tattoo (for swimming cap), clothing bag, food ticket and timing unit.

Opening hours in the information tent

28 June 17.00-20.00

29 June 07.30-20.00

30 June 07.30-20.00

The course

The start is located in Vanån about 50 meters downstream Flögforsen in Vanån. The course contains four energy depots. At each depot the participants must pass over the timezone mat for live registration of time and control that all have passed the depot. Liquid and energy supplements are available at all depots.

Timing

The timing starts on the start signal. The finish time is taken when the participant passes over the timezone mat at the finish line. Live registration of times are recorded when the participants pass over the timezone mat at the depots.

Travel to start

All participants go to start by bus. The bus stop is located behind the petrol station, OkQ8 at the arena. You'll find the departure times inside the large information tent on the arena and on



signboards at the bus stop. We recommend that you're at the arena when the information tent opens at 07.30.

Swim start

The elite group starts on signal, standing on the shoreline at 10.00 AM, the timing starts on signal.

All other swimmers starts from the beach after the elite. The timing starts when the participants pass the reading mat at the exit from the starting fold. Live timing are recorded when the participants pass over the reading mat, which is on land, at the depots.

Timing ends when passing the finish line. In case of sprint finish among the athletes, the hand against the ramp above the finish line decides who is first.

Cut off times

The cut off time for Vansbro 10k is 4 hours and 30 minutes.

Cut off time Depot 1: 2.4km from the start – kl.11.10

Cut off time Depot 2: 4.4km from the start – kl.12.00

Cut off time Depot 3: 6.6km from the start – kl.13.00

Cut off time Depot 4: 8.4km from the start – kl.13.45

Participants who do not pass the cut off time at the depots are not allowed to continue the race and should submit the timing chip to the staff at the depot.

Participants who for some reason pull out are offered transport to the goal of the organizer.

Depots

In the depots there will be bananas, raisins, snickers, water and energy drinks. At the last depot there is also coffee. At all depots there are health care materials and blankets. The depots are also responsible for transport to the finish line of swimmers who have chosen to pull out.



Withdrawal

Pull out on depot

Participants who pull out at a depot must leave the timing chip to the depot manager.

Pull out on the course

Participants who choose to pull out between the depots should contact the nearest safety boat/SUP for further transportation to the nearest depot to submit the timing chip.

Equipment

Mandatory

Provided by the organizer: swimming cap, tattoo (on the swimming cap) timing chip.

Provided by the participant: Safety buoy.

Allowed

Swim suit, swim cap made of neoprene, neoprene gloves (without skins between fingers), neoprene socks (without skins between feet) .

Recommended

Wetsuit is recommended at water temperature between 15 and 23 degrees.

Cancelled race

At water temperature below 15 degrees, the race is cancelled.

Course marking

The course is marked as follows:

- The first seven kilometers the course is marked with red and yellow buoys.
- The red buoys should be on your left side.
- The yellow buoys should be on your right side.
- The last three kilometers the course is marked with Vansbrosimningens regular marking, white buoys.
- It is not allowed to deviate from the course.



Safety

Participants will be followed by lifeguards on Stand Up Paddleboards (SUP), kayaks and boats. In addition, a boat will serve as a leader kayak and a last swimmer kayak. There is also a competition doctor who patrols the course.

