THE GREAT FJORD SWIM
12 | 10 | 2019

2KM DISTANCE

THE MAGIC OF OPEN WATER IN THE KILLARY FJORD

2nd EDITION: 28th Jan 2019

#EntertheElements
COMPETITOR
IMPORTANT INFO

PLEASE NOTE:
TIMES ARE STRICT

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THE GREAT
FJORD SWIM

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## EVENT SCHEDULE
### IMPORTANT EVENT DATES & TIMES

<table>
<thead>
<tr>
<th>DATE</th>
<th>TIME</th>
<th>ACTIVITY</th>
<th>LOCATION</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fri 11th Oct 2019</td>
<td>15:00 Online Registration Closes*</td>
<td></td>
<td>*2018 Event Sold Out</td>
</tr>
<tr>
<td>Sat 12th Oct 2019</td>
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</tbody>
</table>

### 2km Course

<table>
<thead>
<tr>
<th>Wave 1 only</th>
<th>08:40 -09:40**</th>
<th>Registration</th>
<th>Killary Adventure Centre UPSTAIRS</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>09:50**</td>
<td>Bus to Start</td>
<td>Killary Adventure Centre</td>
</tr>
<tr>
<td></td>
<td>10:20**</td>
<td>Boat Depart</td>
<td>Nancy’s Point</td>
</tr>
<tr>
<td></td>
<td>11:00**</td>
<td>Race Start</td>
<td>Killary Fjord start location</td>
</tr>
<tr>
<td></td>
<td>12:30**</td>
<td>Cutoff</td>
<td></td>
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<tr>
<td>Wave 2 only</td>
<td>09:50 - 10:50**</td>
<td>Registration</td>
<td>Killary Adventure Centre UPSTAIRS</td>
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<tr>
<td></td>
<td>11:00**</td>
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<td></td>
<td>13:40**</td>
<td>Cutoff</td>
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<tr>
<td>Wave 3 only</td>
<td>10:50 - 11:50**</td>
<td>Registration</td>
<td>Killary Adventure Centre UPSTAIRS</td>
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<tr>
<td></td>
<td>12:00**</td>
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<tr>
<td></td>
<td>14:40**</td>
<td>Cutoff</td>
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</tbody>
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**NOTE: DUE TO CURRENT DEBATE ABOUT DAYLIGHT SAVINGS ALL TIMES ARE SUBJECT TO CHANGE**
SECTION 1

REGISTRATION INFO

MANDATORY KIT & RACE NUMBER LISTINGS

REGISTRATION
You cannot do the race without registering. Registration is at Killary Adventure Centre.
Location map here

REGISTRATION DATES AND TIMES AS PER EVENT SCHEDULE
You will register upstairs inside the building. Please follow marshals directions when parking.

NOTE: You can only register at the allotted time assigned to your wave

YOUR REGISTRATION PACK WILL INCLUDE THE FOLLOWING:
• Swim hat which includes your timing chip
• Event T-shirt
• Gear Bag - this is the only bag you may use to store your gear for the finish line area.

PLEASE NOTE:
Over 16 and under 18 years, must have a signed parental consent form with them at registration.

COMPETITOR ESSENTIAL INFO

MANDATORY KIT
It is mandatory for ALL competitors in ALL distances of the Great Fjord Swim to wear a Tow Float.

Additionally:
• All competitors must wear a wetsuit unless they registered in the non-wetsuit category (for experienced swimmers only).
• All competitors must wear the swim hats which you will receive at registration as it holds your timing device

RACE NUMBERS
Race numbers will be available on the Killary Gaelforce website from Friday before race day.

You will also receive a text message with your race number on Friday before race day as well. You will need to know your race number when you come to register.

MEDICAL INFO
If you have a medical condition that we need to be aware of please drop us an email on the address below in advance of the event info@gaelforceevents.com

DOWNLOAD THE CONSENT FORM HERE.

JIGSAW

Jigsaw, the National Centre for Youth and Mental Health, are our exclusive charity partner. They work towards an Ireland where every young person’s mental health is valued and supported.

Support Jigsaw at your next Killary Gaelforce event:
Set up an Jigsaw EveryDay Hero Fundraising Page #JigsawHero

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2KM SWIM EVENT INFO
FINISH LINE FACILITIES & PRIZE GIVING

2KM INFO
DATES AND TIMES AS PER EVENT SCHEDULE

REGISTRATION
LOCATION - Killary Adventure Centre

CHANGING ROOM
Located at the Killary Adventure Centre - follow signage from registration.

THE BUS:
You will be brought by bus to the pier where the boat will depart from. When getting on the bus you must be wearing your wetsuit and your Great Fjord Swim hat. **Your timing chip is in your swim hat.**

Persons in Non-Wetsuit may bring something warm to wear on the boat - such as a hoodie.

Store your gear in the bag provided to you at registration only. This will be loaded on to a trailer before you go on the bus and will be transferred to the finish line for you. Gear such as a towel and warm clothes are recommended. There is a number on your bag to identify it.

**NO PERSONAL BAGS MAY BE USED**

START LINE
Killary Fjord

FINISHLINE
LOCATION - Beach

NOTE:
There are three waves for this swim due to the limited numbers we can carry on the boat at any one time. You must be in Wave 1 to be considered for prize category winner.

VERY IMPORTANT:
If you miss the boat for your wave you will be unable to compete in the race.

CUT OFF TIMES:
Swimmers of the 2km event must be finished 1.5 hours after your start time.

FINISH LINE FACILITIES
Hot soup will be provided. This soup is home make and gluten free. Tea & coffee, fruit and sweets will also be provided.

There are changing facilities in the marquee at the finishline. Your bag which deposited will be waiting for you.

Showers are located at the Killary Activity Site & Killary Adventure Centre should you wish to avail of them but please be advised that they are limited so do be patient.

PRIZE GIVING
The prize-giving will take place at in Killary Adventure Centre. If you are a prize winner, and can’t make it to the prize giving, we ask that you arrange for someone to pick your prize up for you.