

3.9KM



Together We Thrive 14/09/24



GAELFORCE
GREAT FJORD SWIM

CONNEMARA

Open water swimming events
don't get much better than this.

COMPETITOR IMPORTANT INFO

Welcome to the Gaelforce Great Fjord Swim 3.9km

The information below covers everything you need to know about participating in this event.

For those whom we may lose with too much detail, the tables below will summarize the info. For those who delight in the detail keep reading!

Waves	Arrive for parking at Killary Adventure Centre (H91PY61)	Walk to start line (20min walk)	Briefing at Start line (Killary Water Site)	Start Time	Get ready	Info Desk Key Drop Tow Float (Killary Activity Site)	Bag Drop (at the finish line)
1	07:30am	08:00am	08:35am	08:45am	At your car	Located half way on walk to start	In the changing tents
2	07:40am	08:10am	08:45am	08:55am	At your car	Located half way on walk to start	In the changing tents
3	07:50am	08:20am	08:55am	09:05am	At your car	Located half way on walk to start	In the changing tents

Start line location	Killary Water Site (the red arrow on the route map)
Parking	Parking is limited please carpool where possible. At Killary Adventure Centre (H91PY61).
Transport	Advisable to use your own. Public transport is limited (Bus Eireann route 423 Westport - Clifden).
Registration	<ul style="list-style-type: none"> • By Post. Your race pack will arrive by Wednesday 11th September 2023 • Information desk open on event day for any queries. From 7:30am to 8:45am ONLY. At the KILLARY ACTIVITY SITE. • International competitors or race pack didn't arrive - collect your race pack at the information desk on morning of event. • Race numbers are available on our website & sent by text to your phone on day before event.
Cut off	1 hour to 2km point, and finish in 2 hours .
Route	Will be available the morning of the event at the start line brief.
Getting ready	No changing facilities, get ready at your car.
Bag drop	All waves to drop your bags at the finish line in the female/male changing tents on your way to the start line.
Prizes	You must be in wave 1 or first start to win a prize. Prize giving at 11am at the finish line
Spectators	Please note there is no driving to the start and finish locations. Please be aware parking is very limited, we will do our best to accommodate you. Please park where the marshals tell you.

Safety	Race cap and tow float are mandatory, weather conditions are variable
Rules	<ul style="list-style-type: none"> - Wear a tow float - No headphones - Anyone found littering will be disqualified - On entering competitor have agreed declaration to waive liability, confirm acceptance of rules and to share images on social media - Race Directions decisions are final



	3.9KM
	2.0KM
	750M
	WATER STATION
	TOILETS
	FIRST AID
	SPECTATOR POINT

EVENT DETAILS - 3.9KM

HOW TO GET HERE

Killary Adventure Centre: [GPS Co-ordinates & H91PY61](#)

BY PUBLIC TRANSPORT

We strongly advise you to use your own transport to get here as public transport is limited. Bus Eireann: Route 423 Westport - Clifden. Please check timetable on www.buseireann.ie.

BY CAR

Please carpool where possible. Leave plenty of time to get here to avoid stress! **If you arrive too early, you may be turned away until your allocated parking time.**

PARKING & DROP OFF

There is limited parking for this event. **See the TABLE ABOVE for parking details for your wave.** Please follow the marshals' instructions when parking.

REGISTRATION

There will be no registration on event day. Your Race Pack will be sent by post to the address you provided as part of your online entry. You must be registered to take part in this event. Please know your **race number, wave and start time** when you arrive.

Any late registrations or queries on event day, **please come to the information desk at the KILLARY ACTIVITY SITE** which you will pass on your way down to the start line, **from 7:30am to 9:00am ONLY.**

RACE PACKS & NUMBERS

Race Packs are posted out before the event takes place. Your Race Pack includes your race number & swimming cap. Please put your cap on top of anything else you are wearing on your head and **make sure it is visible at all times during the event.** Your race number contains your automatic timing chip.

If you don't receive your Race Pack in the post, don't worry, you'll be able to pick one up at the information desk on the event day. If your number doesn't appear online, please come along to our information desk and the team will sort you out.

International Competitors - please collect your Race Pack at our information desk on Event Day.

GET READY AT YOUR CAR

Please arrive at the parking area prepared and ready to get changed into your wetsuit at your car.

When you LEAVE YOUR CAR you MUST have with you:

- **Your swim hat**
- **Tow float**
- **Car keys (if availing of key drop)**
- **Money (for tow float hire and purchase)**
- **Small bag with a change of clothes** that you will drop at the finish line on your walk to the start line.

Please attach your **BAGGAGE TAG** with your **NAME, WAVE** and **DISTANCE** written on it.

If you are availing of the **car key drop** bring an envelope and put your car keys in them. Please write your **name, your race number** and **your car reg.** on it.

GETTING TO THE START LINE

There is a 20 minute walk down to the start line. The marshals will direct you.

BAG DROP

All waves: Drop your bag in the male/female changing tents at the finish line, on your way to the start line. The marshals will direct you.

Don't forget to write your **NAME, WAVE** and **DISTANCE** written on the **BAGGAGE TAG!**

KEY DROP

For ALL WAVES the key drop area is at the **KILLARY ACTIVITY SITE**.

Please collect your keys at the **KILLARY ACTIVITY SITE** **before 5pm.** After 5pm you can collect your keys from reception at [Killary Adventure Centre](#).

EVENT DETAILS - 3.9KM (CONTINUED)

MANDATORY KIT

Tow float: you will not be allowed to take part without a tow float. You can bring your own or hire one from us.

Gaelforce Great Fjord swim hat: this contains your timing chip.

RECOMMENDED KIT

- Wetsuit: you can swim with or without a wetsuit.
- Goggles.
- Finish line bag with towel & warm clothes for changing into after the race.
- Swimming gloves, booties or socks.

You are **not allowed to wear fins** for this event.

TOW FLOAT

This will be at the [KILLARY ACTIVITY SITE](#)

You must wear a tow float to compete in this event.

Online entry: €10.00 to hire (+€20.00 deposit cash only), €30.00 to buy.

On the day: €15.00 to hire (+€20.00 deposit cash only), €35.00 to buy.

If you have already purchased one online you may collect it here.

ROUTE

A looped route from the start line at the [Killary Water Site](#) back to the beach at the [finish line area](#).

Final route details will be available at the start line before you get into the water.

CUT OFF

1 hour to 2km point and 2 hours to finish. If you do not make the cut off times, you will be picked up by the water safety team and brought to the finish line.

FINISH LINE

The race finish line and changing area is located at the beach. This is where your race chip is read, and you will be able to change back into your clothes. Medical assistance will be available for anyone that needs it.

There will be refreshments and live traditional Irish music at the finish line.

FINISHERS' TOPS COLLECTION POINT

There is a 5 minute walk from the finish line to the [KILLARY ACTIVITY SITE](#) where you will receive your event top.

We will also have donation buckets in aid of our charity partner Jigsaw. 100% of your donation goes to this great charity.

PRIZES

Prize giving takes place at **11am** at the [finish line](#). If you are a prize winner and can't make it to prize giving, please arrange for someone to pick your prize up for you. You must compete in the wave 1/first start to be eligible to win a prize.

TOILETS

There are toilets at the [finish line](#).

SPECTATORS

Please note **spectators cannot drive to the start and finish areas. Please be aware parking is very limited, but we will do our best to accommodate you. Please follow the marshals' instructions.**

RESULTS & EVENT PHOTOS

Event results will be available on our website on Sunday the 15th September.

Photos of the event will be posted on our Facebook page the Tuesday the 17th September.

ACCOMMODATION

If you have booked a Gaelforce Great Fjord Swim Stay & Race Accommodation Package at [Killary Adventure Centre](#), you can **check in from 5pm** on Friday evening before the event.

Post-event dinner is served at 6:30pm on Saturday in our dining room.

Check out is before 11.00am on Sunday morning.

You must book accommodation and dinner in advance.



10 Zip lines



32 Elements



4 Routes

KILLARY ADVENTURE CO 

KILLARY FJORD AERIAL PARK

OPEN FOR GAELFORCE GREAT FJORD SWIM



SATURDAY
14 SEPTEMBER 2024



9:30 | 11:00
13:30 | 15:00

HOW TO JOIN:

Just arrive at our centre,
sign up at reception, and let
the adventure begin!

FUN FOR ALL THE FAMILY!
www.killaryadventure.com



*min 130cm max 120kg

+353 95 43411 | Leenane, Galway, H91 PY61

SAFETY, RESULTS AND THE RULES

SAFETY

We will have a safety team on the water at all times during the event. There is also a medical team at the finish line.

Due to the cold water temperatures in the Killary Fjord at this time of the year - typically 12-13 degrees Celsius - hypothermia can set in quickly, especially for anyone swimming in skins. It is essential that swimmers monitor how they feel in the water. If in doubt, act quickly and alert our safety staff on the water who will ensure you get the treatment you need.

If at any time our safety team does not feel that you are capable of meeting the cut off time, or they are concerned for your safety, you will be removed from the water. These decisions are always made with your safety in mind. The Water Safety Director's decision is final.

If you have a medical condition that we need to be aware of, please drop us an e-mail in advance of the event: info@gaelforceevents.com.

You are responsible for your own safety. We advise that competitors organise their own personal insurance.

Please do not attend this event if you have Covid-like symptoms.

GAELFORCE EVENTS, Leenane, Co. Galway, Ireland, H91 PY61.
info@gaelforceevents.com www.gaelforceevents.com

THE RULES

This is an unsupported race. This means that you may not get food, drink or other equipment from spectators or helpers along the way, unless you have permission from the Race Director due to a medical condition.

For reasons of fairness, safety and responsibility, all competitors are expected to abide by our Event Rules. We ask all competitors to:

Follow all event rules, instructions & signage.

Wear a tow float. You will not be allowed to race without it.

Respect the environment & local inhabitants.

We are very lucky to have access to these stunning routes.

Do not litter anywhere on the route. You will be disqualified immediately with no exceptions.

Respect & help your fellow competitors. You are all in this together

Listen to our marshals. They are there for your safety.

On entering, competitors agree to a declaration to waive liability, confirm acceptance of the rules & agree to the release of personal images to the media and for event promotion purposes.

International competitors must have the appropriate travel documents, visas & comprehensive medical insurance in place for this event.

The Race Director's decisions are final.

Rules may be modified to deal with unforeseen circumstances, at the discretion of the race organiser



THE MAGIC OF **OPEN WATER** IN THE KILLARY FJORD

GAELFORCE

GREAT SWIM TRILOGY / Dive in

Experience the best Ireland's iconic waterways. Swim all three to complete your Gaelforce Great swimming journey for 2025.

Gaelforce Great River Swim

Dive in at Lanesborough

DATE: May 2025

Gaelforce Great Lake Swim

Dive in at Lough Derg

DATE: July 2025

Gaelforce Great Fjord Swim

Dive in at Killary Fjord

DATE: September 2025

www.gaelforceevents.com

JIGSAW

We are proud to work with Jigsaw, our exclusive Charity Partner.

Jigsaw provides free, confidential mental health supports for young people aged 12 to 25 in communities around Ireland.

Support them at your next Gaelforce event.

www.jigsaw.ie

Set up your Jigsaw EveryDay Hero Fundraising Page



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