



Swim Wales Open Water Festival Competitor Pack

Race HQ – Canolfan Hamdden, Penllyn Leisure Centre, Heol, Pensarn, Bala, LL23

 @BigBalaBash1

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Welcome to Bala!

The Bala Big Bash 2019 is a collaborative multi-sport festival delivered by Welsh Triathlon, Swim Wales and the Urdd. The event has been endorsed by Gwynedd County Council, Snowdonia National Park, Welsh Government and the five community councils that surround the lake, and each of these agencies welcomes you to Llyn Tegid this weekend. We hope you enjoy your visit. This document will provide you with the information you need regarding each of the events associated with the Bala Big Bash, these being

Friday 28th – Junior Aquathlon Go-Tri

Saturday 29th – Bala Junior Triathlon and the Bala Team Relays

Sunday 30th – Bala Sprint and Bala Standard Triathlons and the Swim Wales National Open Water Age Group Championship and Festival

There truly is, something for everyone!



Race HQ & Parking

Race Headquarters for the weekend will be situated at Penllyn Leisure Centre, adjacent to the East Bank of Llyn Tegid. There will be NO Parking for competitors within the Leisure Centre car park, and the lakeside car park will also be closed throughout the 29th and 30th for the event. The primary car park for Bala Big Bash athletes and visitors will be at Bala Rugby Club.

This can be found on the map later in this info pack. Parking will be allowed here on a first come first served basis. Additional pay and display car parks can be found across Bala at Plasey Street and Lower Tryweryn Car Park. Both of these are a short walk from Race HQ Car Parking at the Leisure Centre is solely for Leisure Centre users and customers of Bala Watersports.

Spectator Information

There are plenty of areas where you can watch the action at Lakeside, but please stay on the correct side of the barriers and taped areas and listen to any instructions from the marshals. They are there for your and the athletes safety. The A494 roads will be closed for a number of the events, therefore please plan your journeys well in advance. A full detailed outline of the road closures can be found on the Bala Big Bash pages of the Welsh Triathlon website and information will also be available at Race HQ throughout the weekend.

Weekend Schedule

Friday 28th June

Bala Go-Tri Aquathlon – 5:30pm onwards

Based at Penllyn Leisure Centre, participants will complete a pool based swim before heading across the lakeside and finish their run within the grounds of Bala RFC. An Introductory event to those who aren't quite ready for the Water of Llyn Tegid, as well as a warm up opportunity for the Bala Junior Triathlon entrants.

Sunday 30th June

National Age Group Championships – 10:30am onwards

The Welsh Open Water Championships, split across 3 age groups and 3 distances, 12–13 completing 2km, 14–15 completing 3km and 16+ completing 5km; all competing for the title of National Champion. These events are highly competitive, with qualifying times required to enter

Swim Wales Open Water Festival – 13:30 pm onwards

Fancy having a go? Our open races offer 3 events including 1km, 2km and NEW for this 2019, 5km. At £10 a race, this is an accessible and affordable opportunity to try a new sport and experience the largest natural body of water in Wales!

Open Water Event Summary

Swim Wales are delighted to once again return to Bala to deliver this event. After a fantastically competitive (and rather warm!) day last year, 2019 is set to be even bigger!

The Swim Wales Open Water Festival is part of the Big Bala Bash weekend of activities. This event incorporates the Welsh National Age Group Championships (National Swim England Qualifiers) and the Urdd 'Gemau Cymru'.

Swim Wales will host 5 races including the National Age Group Championships (NAGC) (5km, 3km and 2km) and Open Races (1km, 2km and NEW 5km). The NAGC will include Gemau Cymru competitors, more information on this competition can be found here:

<http://gemaucymru.urdd.cymru/en/sports/open-water-swim/>

Event Information

Date: Sunday July 30th at Lake Bala, Wales.

Entries Open: 10th May 2019

Entries Close: 12th June 2019

Cost: £10 per race plus £5 temporary membership for non-affiliated competitors.

Event Webpage: <https://www.swimwales.org/events/big-bala-bash-including-welsh-open-water>

Contact: events@swimming.org or 01792 513633/19



Race Information

1. National Age Group Championships elite swimmers (male and female) and Gemau Cymru
National Age Group Championships elite swimmers (male and female)

12–13 2000m race (wetsuit lake/air dependant)

14–15 3000m race (wetsuit lake/air dependant)

16+ 5000m race (wetsuit lake/air dependant)

Top 3 (1st, 2nd and 3rd) for each age band (as above) will receive an event medal. The top 3 welsh male and female swimmers competing in these races will be invited to take part in the 2019 Swim England National Open Water Championships, Rother Valley. More information on this event can be found here:

<https://www.swimming.org/calendar/all/swim-england-open-water-national-age-group-championships-2019/>

The National Age Group Championships races require a qualifying time, these can be viewed below.

Gemau Cymru Swimmers

For the 2nd year, swimmers competing in The National Age Group Championships races will be eligible to race as part of the Gemau Cymru competition. To do so they must meet the following criteria:

- Swimmers must be Under 18 AND
- Born in Wales/Live in Wales (continuous period which exceeds 48 months)/receive their education in Wales

To register as a Gemau Cymru competitor please email the team events@swimming.org

2. Open Races (male and female)

1000m race (wetsuit lake/air dependant) – cut off time 45 minutes

2000m race (wetsuit lake/air dependant) – cut off time 75 minutes

NEW 5000m race (wetsuit lake/air dependant) – cut off time 120 minutes

There are no qualifying times for the open races. Minimum age of swimmers is 12 years old as of 31st December 2019. A decision to swim waves in age bands will be made based on the number of entries.

Non-affiliated competitors

Not a member? Not a problem! You can register as a temporary member to enter the open races. A temporary membership form can be downloaded from the event webpage. Temporary membership cost £5 and will be added to your event entry fee.

If you are a member of Welsh Triathlon there is no additional charge.

Once completed, please return to events@swimming.org

Race Registration

Registration for all races will be held at Bala Rugby Club, located a short walk from the shore line. You must register here to collect your race pack; you will also need to read and sign the event disclaimer. You will also be able to view the event risk assessments and start lists.

MAP

Each competitor will receive a personal race pack, do not switch your race pack with anyone else.

Registration will be open throughout the weekend for all events:

- Friday 28th 14:00 until 19:00
- Saturday 29th 09:30am until 17:00
- Sunday 30th 06:00am until 13:30

Volunteers

Volunteers are the people that make this event work and make the experience for the athletes every bit more special. A large number of local volunteers are heavily involved in this event and are an important factor in its success. Please thank them as you pass. Any competitor who verbally insults any of the volunteers or officials will be disqualified immediately.

If you would like to volunteer at Bala this year, please contact: amyjenner@welshtriathlon.org

Toilets & Waste Management

Public Toilets are available lakeside throughout the event. There will be additional portaloos Lakeside. There are additional toilets at Penllyn Leisure Centre and at Bala RFC. We kindly ask all visitors to Llyn Tegid to dispose of their litter in the adequate refuse collection points.

Any athlete seen disposing litter on course will also be disqualified. We are very fortunate to have such an event in an area of outstanding beauty, lets please keep it that way.



Event Conditions

1. All competitors must be a registered member of Swim Wales, Swim England, Scottish Swimming to compete (this includes temporary membership for non-affiliated and Welsh Triathlon members).
 - a. Temporary membership cost £5 (in addition to the £10 event fee)
2. By entering this event (all races included) swimmers are agreeing to the event conditions and general event conditions of Swim Wales.
3. Minimum water temperature for this event is 14 degrees
 - a. In the event of the water temperature being higher than 18 degrees, the decision to wear wetsuits will be made by event management. Please bring a wetsuit and a swimsuit to compete in as this decision will be relayed to you during the event briefing.
 - b. In the event of temperature concerns, event may be postponed to allow the water temperature to rise. If a suitable temperature is not possible the event will be cancelled.
 - c. A competitor may make the decision to swim with a wetsuit despite a suitable temperature, in which case, at the Referee's discretion, their race will be swam as an exhibition swim only
4. An approved FINA wetsuit list can be found here: <https://www.fina.org/content/fina-approved-swimwear>
 - a. Swimmers are not required to wear a FINA approved wetsuit at this event. Wetsuits must however comprise of material which is between 3–5mm thick, and should not have additional aids and adaptations to help swimmers including the use of rubber fins on the arms. Wetsuits should specifically designed for swimming and not for surfing. Wetsuits must cover the shoulders (t-shirt style)
5. Cancellations
 - a. If the conditions are deemed to be unsuitable and not safe for the events to take place, a decision will be made to cancel or stop the event.
 - b. Fully entry fees only will be made to competitors; no refunds will be issued for additional incurred costs in relation to the event.
 - c. If a qualifying event is cancelled due to unsuitable conditions there will be no qualifiers from that region. Where possible entries will be accommodated in other regional qualifying events.
6. Swimmers are required to read and sign the event disclaimer before competing
7. Swim Wales reserves the right to limit entries dependant on demand. In the event of oversubscription Swim Wales reserves the right to scratch and remove entries as deemed appropriate by event management.
 - a. Entries are not confirmed until a list of entries is published online
8. Withdrawal notice should be submitted to events@swimming.org
 - a. Refunds will only be processed for medical withdrawal, which must be submitted before midnight June 29th accompanied with a medical/doctors note
9. Entry fee is £10 per race. Payment is taken at point of entry
10. Age as of December 31st 2019

11. National Championship event distances are as follows: 12–13 yrs 2000m, 14–15 yrs 3000m, 16+ yrs 5000m
 - a. A cut off time of 30 minutes after the first swimmer finishes shall operate in the national championship races
 - b. Qualifying times for the National Championships events must have been achieved between 7th of July 2018 and the close of entries
 - c. Split, relay or converted times will not be considered
 - d. Once entries are submitted Swim Wales are unable to amend, update or alter times
 - e. Medals will be awarded to the first 3 male and female swimmers in each national championships age band
 - f. Gemau Cymru medals will be awarded to the first 3, eligible and registered, male and female swimmers in each national championship age band
 - g. Top 3 male and female in the following age bands, 12, 13, 14, 15, 16, 17/18, 19+, will be invited to attend the Swim England Open Water Festival.
12. Open event distances are as follows: 1000m, 2000m and 5000m (all 11+)
 - a. Open event swimmers will receive a commemorative award for finishing
 - b. A cut of time of 45 minutes for the 1000m, 75 minutes for the 2000m and 120 minutes for the 5000m
13. Swimmers must sign in and event HQ and collect their race pack
14. Swimmers must attend their event briefing. Those who do not attend will not be permitted to swim
15. Swimmers must wear the provided race hat and timing chip (wristband).
16. Swimmers numbers must be displayed (transfers provided); upper arm, hands, shoulder
17. No swimmer will be permitted to use or wear any device which may aid their endurance, buoyancy or speed. Goggles, ear plugs or nose clips may be used
18. Only one costume is allowed and this must comply with FINA open water rules
19. Swimmers shall be allowed to use grease or other substances providing these are not deemed excessive in the opinion of referee
 - a. Snowdonia National Park and Bala Lake is an area of natural beauty. We ask swimmers to be mindful when selecting grease or lubricants for this event and avoid heavy oil based items
20. Swimmers and spectators are politely requested to take all litter home or place in the disposal units on site
21. Behaviour deemed inappropriate will not be tolerated and may result in disqualification from the event without refund. Swim Wales reserves the right to remove anyone from site behaving in a manner deemed rude, inappropriate or disrespectful
22. For safety reasons, the wearing of jewellery is not permitted at this event, during warm up and events. This excludes stud earrings and wedding rings – Swim Wales will not liable if jewellery is lost, damaged or stolen



Swim Wales Film and Photography Policy



Please be advised that photographs and videos may be taken at this event.

Swim Wales are aware of the wide range of devices including mobile telephones which have photographic and filming capabilities. This enables the capture of both static and moving images. Used responsibly, such devices are perfectly safe, but sharing images widely may betray a confidence or identity of a child/children which may present a risk of harm to the child/children concerned.

The use of such equipment is difficult to control but we can all be vigilant. If you have any concerns or safeguarding queries, please bring them to the immediate attention of the event management team situated at the enquiries desk.

Swim Wales may use photographs taken at this event as promotional material and used across public forums including their website and social media accounts, and possibly the local press and television. Should you wish to refuse photographic permission please contact the event management team on site. The full swim Wales photography guidance policy can be found at the enquiries desk or on the Swim Wales website.

Entry

- All event and entry information can be found [here](#):
- Entry will be completed through an online system
- Payments are made using PayPal, an account is not required to complete payment.
- Entry costs £10 per race
- Qualifying entry times for the National Age Group Championships are pool based times, achieved between July 7th 2018 and the entry closing date
- Male competitors require a 1500m, 400m free or 400IM time to enter
- Female competitors require a 800m, 400m free or 400IM time to enter
- [Entry opening date: 10th May 2019](#)
- [Entry closing date: 12th June 2019](#)



Online 400m, 1500m and 800m Qualifying times

MALE	12	13	14	15	16	17	18 & over
400IM	06:48.5	06:24.6	06:12.5	05:47.5	05:23.1	05:22.8	05:11.0
400 FREE	05:21.0	05:10.5	05:00.0	04:49.5	04:43.0	04:36.5	04:30.0
1500m	22:35.8	21:19.3	21:19.6	20:17.9	20:09:01	19:29.3	19:10.2
FEMALE	12	13	14	15	16	17	18 & over
400IM	06:48.5	06:24.6	06:12.5	05:48.8	05:45.6	05:33.5	05:20.5
400 FREE	05:27.0	05:19.5	05:12.0	05:08.5	04:58.0	04:51.5	04:45.0
800m	12:28.3	11:46.0	11:18.6	10:35.4	10:30:34	10:16.5	09:50.2

Course Information

Swimmers enter through on stone ramp, swimming a short distance for a deep water start. Swimmers will complete laps of a 1km course, made of 4 corners (forming a loop). On the final lap, swimmers will head towards the finish funnel and the stone ramp to exit. Marshals will be at the entry and exit point to aid swimmers in and out of the water.



Bala & The Surrounding Area

What's On Offer?

Welcome to the market town of Bala, the home of the Bala Big Bash Weekend. Located in North Wales, Bala is situated in South Snowdonia on the shores of Llyn Tegid the largest fresh water lake in Wales. The lake was formed during the ice age and is an ecologically important site both Nationally and Internationally.

It is owned and managed by the Snowdonia National Park Authority who have been extremely co-operative in organisation of this event. We would encourage all competitors, their supporters and spectators to make the most of Bala and the surrounding areas during your visit. There is plenty of accommodation, attractions and activities and these can be found at www.VISITBALA.org

Bala High Street

Be sure to take a walk to the town, and visit the numerous shops and cafes it has to offer:

Siop DE – Clothing and Haberdashery.

Y Gwyniad – Fishing Tackle and Camping Equipment.

Aran Hufen – Home Made Ice Cream.

Cocoa – The Chocolate Shop.

Capel Clay – Pottery and Painting Studio

Stori – Bottle Shop and Tap Room.

Number 6 – Antiques, Interiors and Collectables.

R.H.Roberts – Cycle Shop

SO58 – Welsh Football Supporters Wrat

Pren – Wood-turning and home-ware

T.J. Roberts & Son; Cigydd – Award winning Butcher

Awen Meirion – Books, Cards and Crafts.

Oriel Tan yr Hall Gallery – Arts, Crafts and Books.

E.J. Theodore – Traditional Hardware.

Manna – Christian Books and Fair Trade

Siop Ria – Contemporary Gifts and Jewellery.

Siop Hefin – Antiques and Collectables

Accommodation & The Local Area

The five community councils surrounding Llyn Tegid have many accommodation options for your weekend:

Glan Llyn Caravan - www.glanllyn.com

Bala Caravan Park - www.balacaravanpark.com

Abercelyn Country House - www.abercelyn.co.uk

Abercelyn Cottages - www.self-cateringsnowdonia.com

Penybont Touring – www.penybont-bala.co.uk

Plas Yn Dre – www.plasyndre.co.uk

Bala Backpackers – www.bala-backpackers.co.uk

Plas Coch – www.yplascoch.co.uk

The Eagles Inn, Llanuwchllyn – www.yreagles.co.uk

Bodiwan B&B - www.bodiwan.co.uk

Frondderw Country House www.frondderwhouse.co.uk

The Royal White Lion www.thewhitelionbala.com -

Ty Newydd B&B, Bala. - 01678 520964

Bwch Yn Uchaf, Llanuwchllyn www.bwch-yn-uchaf.co.uk

Pant Yr Onnen Campsite www.balacamping.co.uk -



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