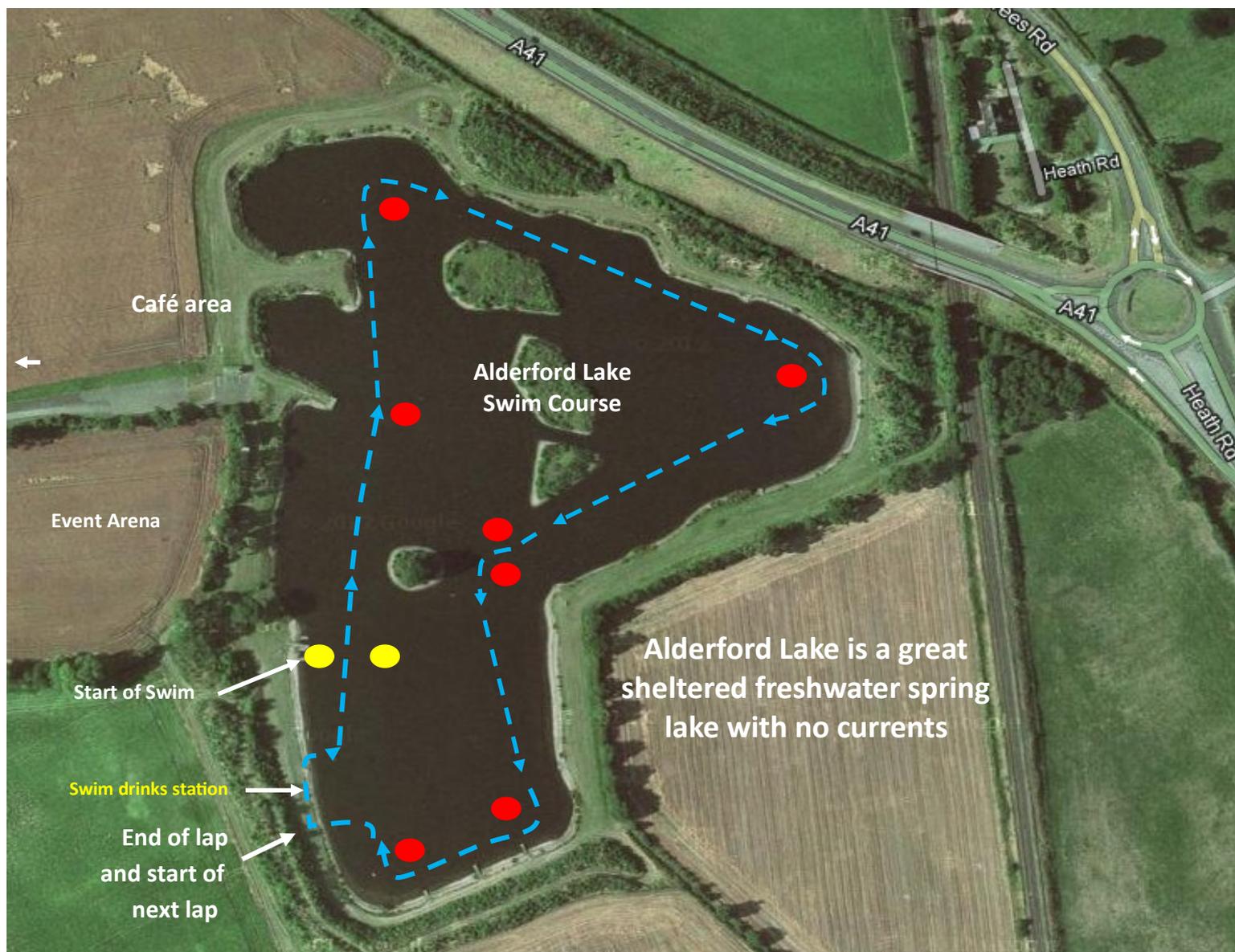




# UK Ultimate Swim

## Friday 24<sup>th</sup> September 2021



**UK Ultimate Swim x 4 laps = 2.4 miles**

**UK Ultimate ½ x 2 laps = 1.2 miles**

**UK Ultimate ¼ x 1 lap = 0.6 miles**

**Make sure you register (registration tent will be situated on the event arena) before you start your Ultimate Swim.**

**Wetsuits & swim caps are compulsory for all the Ultimate distances.**

**There will be a minimum of 8 Safety crafts on the water at all times.**

**Water depth between 2 to 3 metres (6 to 10 feet).**

**At the completion of each swim lap, leave the water; run approximately 30m and get back into the water to start your next lap.**

**There will be a drinks station serving water and High 5 as you exit after each lap.**