

The London 10km Marathon Swimming International



Team Welcome Pack

Serpentine, Hyde Park

13th August 2011

Index

1. Welcome
2. Contact Information
3. Competition and Training Information
4. Technical Meeting
5. Venue and Facilities
6. Course Plan
7. Accommodation
8. Transport
9. Training Pool Directions
10. Accreditation
11. Medical Information
12. Team Seating
13. General Information
14. Venue Site Plan

1. Welcome

We would like to welcome you to The London 10km Marathon Swimming International. This is an invitational event and will act as the London 2012 Olympic Games Test Event for Marathon Swimming.

Please find enclosed final details to assist you with your stay in London.

2. Contact Information

Swimming Manager: Lucy Rouse
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Tel: +44 (0) 30 2012 1266
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Marathon Swimming Technical Operations Manager: Colin Hill
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3. Competition and Training Information

Competition Schedule

Saturday 13th August 2011

10:00 hours Women's 10km Race
 Women's Medal Ceremony to follow

14:00 hours Men's 10km Race
 Men's Medal Ceremony to follow

Training Schedule

Indoor Training Pool (training closed to the media)

Location: Imperial College London
 5 Lanes, 25m pool

The pool is located approximately 0.7 miles from the official athlete / team official hotel.

Training Dates and Times

Wednesday 10 th August	08:00 – 10:00 & 18:00 – 20:00 hours
Thursday 11 th August	08:00 – 10:00 & 18:00 – 20:00 hours
Friday 12 th August	08:00 – 10:00 & 18:00 – 20:00 hours

Training at the Serpentine (training open to the media)

Friday 12 th August	08:00 – 09:30 hours
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4. Technical Meeting

<i>Date:</i>	Friday 12 th August 2011
<i>Time:</i>	10:00 -12:00 hours
<i>Venue:</i>	Athletes Lounge, Hyde Park

Transport will be provided from the hotel to the venue. Please refer to the transport section for further details.

The event will be run under the Technical Rules of FINA.

5. Venue and Facilities

Hyde Park is one of the largest parks in central London, and one of the Royal Parks of London, famous for its Speakers' Corner. The park is divided in two by the Serpentine Lake and alongside Kensington Gardens covers an overall area of 625 acres. The Serpentine (also known as the Serpentine River) is a 28-acre recreational lake in Hyde Park, London, England, created in 1730.

Hyde Park contains a number of fascinating buildings and monuments, such as The Serpentine Bridge, the Joy of Life fountain and the Diana Memorial Fountain. The park also hosts many international sporting events and famous rock concerts.

6. Course Plan

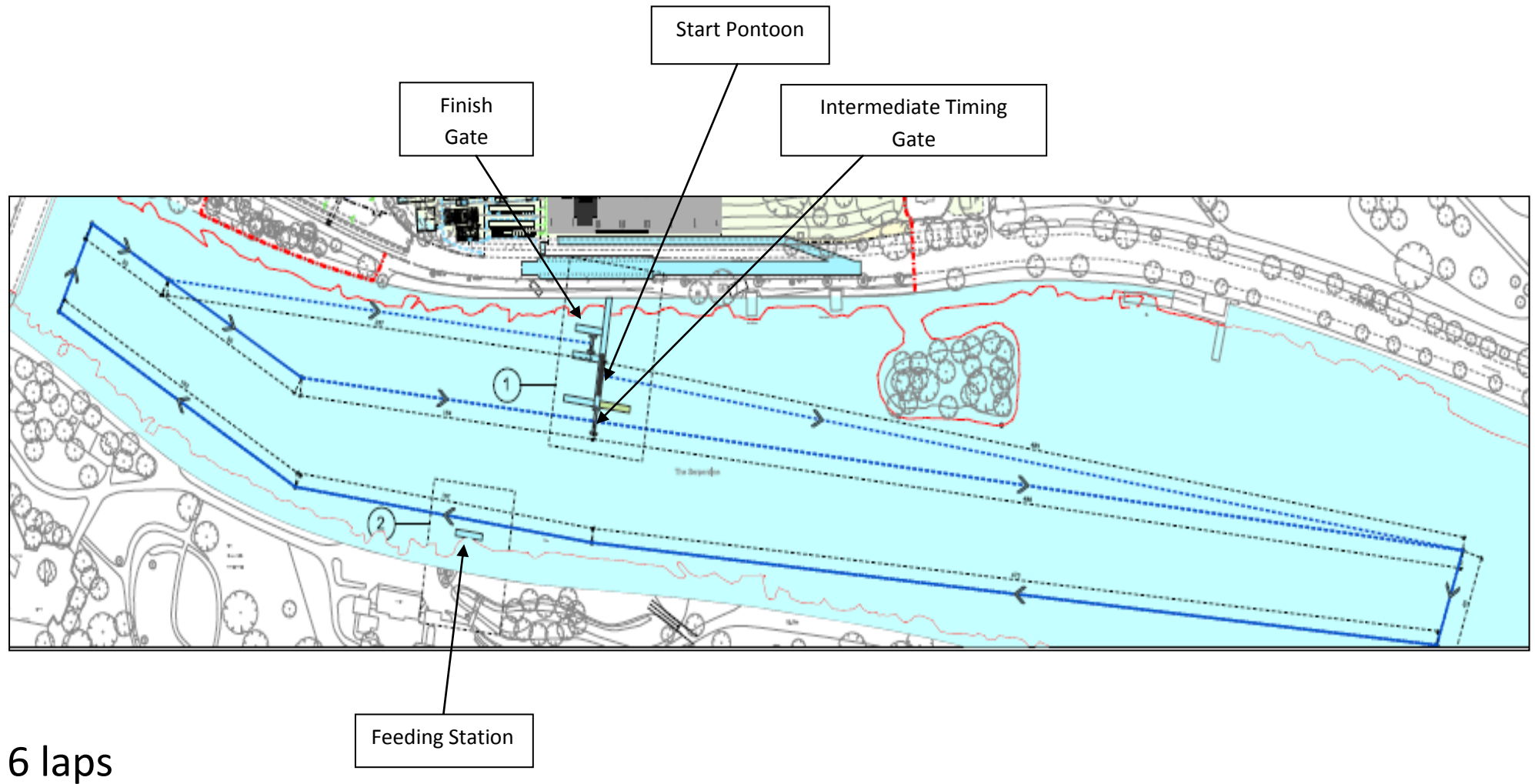
The London 10km Marathon Swimming International will be testing the Olympic 10km Marathon Swimming course which consists of six laps of the Serpentine.

Please find on the following page, a plan of the course.

Key Information relating to the course:

1. 6 laps swum in a clockwise direction
2. Dive start and the distance from the Start pontoon to first turning buoy is 485m
3. Pass yellow buoys on left shoulder (due to obstacles such as the island, feeding pontoon and medical pontoon)
4. Pass pink / red buoys on right shoulder
5. The turn buoys are vertical and horizontal buoys
6. Pass through the intermediate timing gate 5 times
7. Final lap – left at larger yellow buoy for the home straight which is approx 235m from yellow buoy to finish gate
8. There is a medical pontoon near the finish straight so please be aware of this.
9. Depth of the water is 1.75m-2m throughout the course
10. Water temperature – will be measured on the day of competition according to the FINA regulations. Current water temperature – 20 degrees.
11. Please also be aware that there is a concrete ledge running around the perimeter approx 1m in the water from the land

10km Marathon Swimming Course Plan



7. Accommodation

Athletes and team officials will be provided free local transport to and from the airport, training and competition venues and this will operate from the official athlete/team official's hotel only, between the 9th August – 14th August.

Accommodation has been booked at the hotel for all teams that requested rooms including the following teams:

Australia
Brazil
Canada
China
Czech Republic
France
Germany
Greece
Hong Kong
Ireland
Italy
Netherlands
New Zealand
Portugal
Russia
Spain
Switzerland
USA

Hotel details are as follows:

Address

Holiday Inn-London Kensington Forum
97 Cromwell Road
London
SW7 4DN

Telephone: +44 (0)871 942 9100

Website: <http://www.hikensingtonforumhotel.co.uk/>

Room Basis: Full Board

Hotel Facilities

Check-In/Check-Out

Check-In: 16.00 hours

Check-Out: 12.00 hours

Please note the hotel will try to accommodate earlier check in's where possible.

Cash machine within hotel

Hotel Meal Times:

Breakfast: 06:00 – 10:00 hours

A full English and continental breakfast

Lunch: 12:00 – 14:00 hours.

A choice of hot and cold buffet options

Dinner: 19:00 – 21:30 hours

A choice of hot and cold buffet options

Please note lunch will be provided at the venue on Saturday 13th August (no lunch available at the hotel). A lunch voucher will be provided for all members in your federation at the technical meeting.

Information Desk at the Holiday Inn Hotel:

There will be a notice board containing information relating to the London 10km Marathon Swimming International and this will be located near the lifts in the reception area. Additionally, this is where the check in desk will be located and you will be greeted by a member of the sports team to assist with your check in and provide you with your accreditation.

An Information desk will also be based at the hotel and the opening hours and location are as follows:

Date	Opening / closing times Time	Room
Tuesday 9 th August	08:15 – 12:30 18:30 – 21:00	Hendrix Room
Wednesday 10 th August	08:15 – 14:45	Hendrix Room
Thursday 11 th August	07:00 – 13:00 15:30 – 19:30	Hendrix Room
Friday 12 th August	10:00 – 12:00 14:30 – 16:30	Hendrix Room
Saturday 13 th August	07:00 – 09:30	Powell Room

Sports Information Desk at the Competition Venue:

This is located in the athletes lounge at Hyde Park. The opening times are as follows:

Friday 12th August

07:00 – 11:00 hours

Saturday 13th August

07:00 – 17:30 hours

8. Transport

Transport will be provided between **Tuesday 9th – Sunday 14th August** for all athletes and team officials.

Transport will only be provided to and from [London Heathrow International Airport](#) only and for those staying in the Holiday Inn Hotel.

Transport will be provided to and from the indoor training pool, competition venue and official athlete/team official's hotel between Wednesday 10th – Saturday 13th August. Please find below the transport schedules.

Training Pool (Morning training session 08:00 – 10:00 hours)	
Wednesday 10th August – Thursday 11th August	
From Hotel to Training Pool	From Training Venue to Hotel
07:30	07:45
08:00	08:15
08:30	08:45
09:00	09:15
09:45	10:00
10:15	10:30 Final Bus to hotel

Please note transport will not be provided to the training session at the indoor pool on Friday 12th August. The pool is in walking distance of the hotel.

Training Pool
(Morning training session 18:00 – 20:00 hours)

Wednesday 10th August – Friday 12th August

From Hotel to Training Pool	From Training Venue to Hotel
17:30	17:45
18:00	18:15
18:30	18:45
19:00	19:15
19:45	20:00
20:15	20:30 Final Bus to hotel

Athlete Training, Technical Meeting and Officials Briefing

Serpentine, Hyde Park

Friday 12th August

From Hotel to Hyde Park	From Hyde Park to Hotel
07:00	07:15
07:15	07:30
07:30	07:45
07:45	08:00
08:00	08:15
08:15	08:30
08:30	08:45
08:45	09:00
09:00	09:15
09:15	09:30
09:30	09:45
09:45	10:00
10:00	10:15
10:15	10:30
10:30	10:45
10:45	11:00
11:15	11:30 Last Team Bus To Hotel
	12:30 Last Technical Officials Bus To Hotel

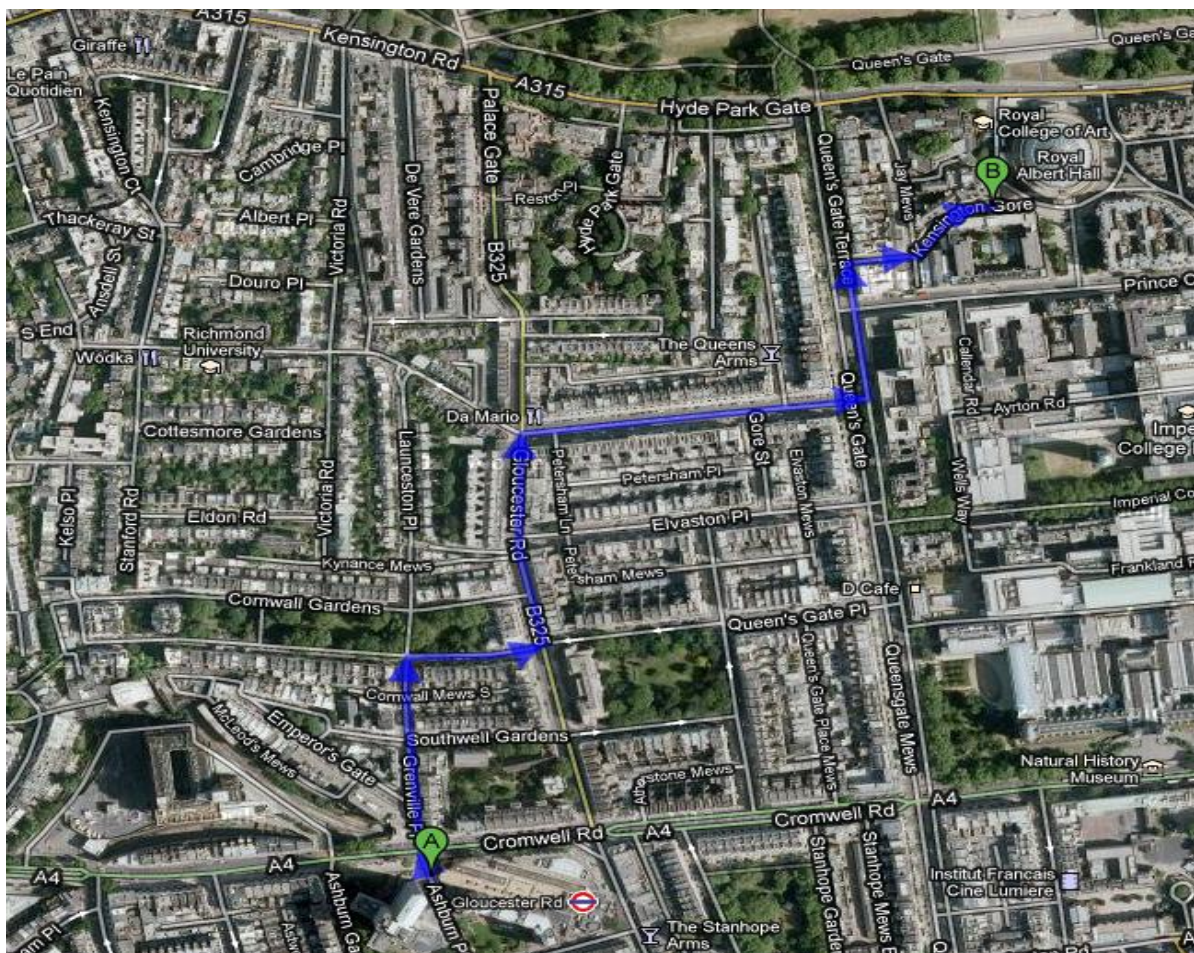
Competition Day, Saturday 13th August	
From Hotel to Hyde Park	From Hyde Park to Hotel
07:00	07:15
07:15	07:30
07:30	07:45
07:45	08:00
08:00	08:15
08:15	08:30
08:30	08:45
08:45	09:00
09:00	09:15
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17:00	17:15
17:15	17:30
17:30	17:45
17:45	18:00
18:00	18:15
18:15	18:30 Last Bus To Hotel

9. Walking to the training pool

On Friday morning we will not be providing a shuttle transport service to the training session in the indoor pool. The pool is 0.7 miles from the hotel and is a 14 minute walk. The directions and address details are as follows:

Imperial College London, South Kensington Campus, London SW7 2AZ.

Walking Directions	Distance
1. Head north on Ashburn Pl toward Cromwell Rd/A4	89 ft
2. Continue onto Grenville Pl	0.1 mi
3. Turn right onto Cornwall Gardens	364 ft
4. Turn left onto Gloucester Rd/B325	0.1 mi
5. Turn right onto Queen's Gate Terrace	0.2 mi
6. Turn left to stay on Queen's Gate Terrace	443 ft
7. Turn right onto Bremner Rd	184 ft
8. Turn left onto Kensington Gore	243 ft
9. Slight right to stay on Kensington Gore Destination will be on the right	33 ft



10. Accreditation

Photo accreditation will be used at The London 10km Marathon Swimming International. Your accreditation will be given to you on arrival to the hotel. You are required to show photographic identification for all members of your delegation. If you are not staying in the official hotel, this can be collected on Friday 12th August at the sports information desk at Hyde Park.

11. Medical Information

Athlete Medical Services

There is an Athlete medical room located on site at Hyde Park. The following medical personnel will be onsite for training and competition days:

Competition days: 1 Medical Group Leader managing the medical personnel
 1 Venue Medical Manager
 6 Field of Play (FOP) recovery team members (1 on the boat)
 1 sports medicine doctor
 1 physiotherapist
 1 sports massage practitioner
 4 paramedics
 1 Ambulance Commander

Athlete training: 1 Medical Group Leader
 (at Hyde Park only) 1 Field of Play team member (on the boat)
 08:00-10:00) 2 paramedics

There will be 2 ambulances based onsite for this event

Ice will be available at the competition venue for the treatment of injuries.

A full water safety plan has been produced and agreed by FINA.

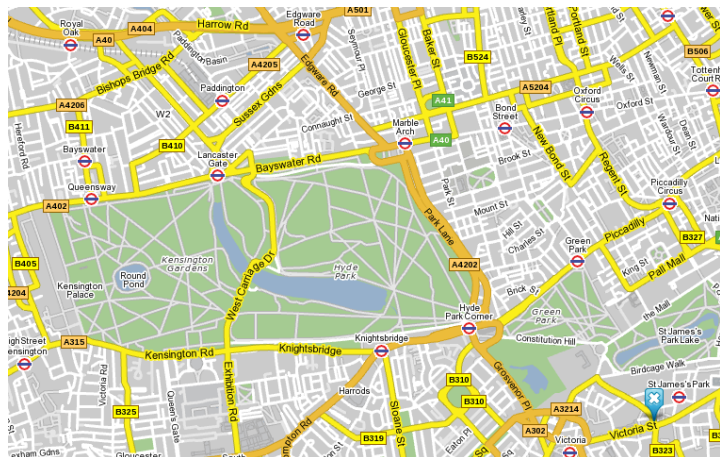
Medical Centre

NHS Direct – 0845 4647

Walk-In Medical Centre

Victoria NHS Walk-in Centre
63 Buckingham Gate
Westminster
London
SW1E 6AT

Tel: 020 7340 1190



Location

Located on the corner of Buckingham Gate and Victoria Street, just opposite the House of Fraser. The nearest tube station is St James's Park.

Opening Times

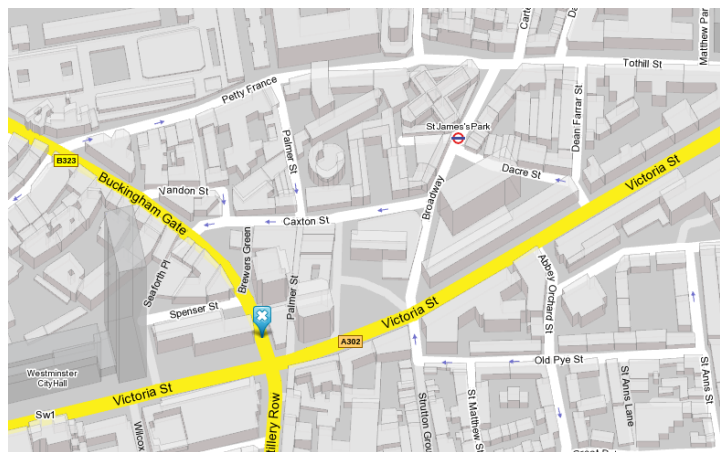
Monday to Friday 7.00 am – 7.00 pm

They are able to provide treatment and advice for:

- minor illnesses
- cuts and grazes
- minor scalds and burns
- strains and sprains
- bites and stings
- minor head injuries
- ear and throat infections
- emergency contraception
- minor skin infections and rashes
- minor eye conditions and infections
- stomach upsets
- coughs, colds and flu-like symptoms
- other common illnesses
- asthma
- unwell children under two

They are unable to treat/ provide:

- road traffic accident injury
- head injury - loss of consciousness
- overdose of drugs or accidental drinking of chemicals
- severe allergic reaction
- chronic illness
- doctor's certificates
- repeat prescriptions



13. General Information

Medal Ceremonies

A Medal Chaperone will be assigned to each medal-winning athlete. The Chaperone will assist the athlete to get to the assembly area on time for their victory ceremony. The organising committee seeks the cooperation and assistance of the National Federations to ensure that the medal ceremony takes place as soon as the race is finished.

Athletes will be briefed about ceremony procedures in the assembly area. Athletes are reminded to attend all victory ceremonies in their official National Federation tracksuit with appropriate footwear. Shorts are not permitted.

Doping Control

All athletes may be subject to doping control sample collection and testing throughout the event in accordance with the FINA Doping Control Rules.

On completion of an event, an anti-doping representative will notify the swimmers of their selection. If a swimmer is selected for testing, a Chaperone will escort the athlete up until the time in which they report to provide a sample.

Electrical Supply

The standard voltage throughout the UK is 240v AC, 50 Hz. A three square –pin adapter plug would be required to connect to the domestic power supply.

Currency

Sterling is the accepted currency. Euros are not generally accepted. Credit cards are widely used, although Travellers cheques are not often accepted as a form of payment.

The local currency is the Great Britain Pound (GBP). There are 100 pence (p) to one pound (£).

Notes come in £5, £10, £20 and £50 denominations. Coins come in 1p, 2p, 5p, 10p, 20p, 50p, £1 and £2 denominations.

VAT

Value Added Tax (VAT) is a 20% tax charged on most goods.

Dialling Codes

To call overseas from the United Kingdom, first dial 00 then the country code.

To call the United Kingdom from overseas, first dial your international access code, then the UK code 44.

Smoking regulations

On 1 July 2007 the United Kingdom introduced new smoking regulations. It is now illegal to smoke in any enclosed public place. This includes bars, cafés, restaurants, nightclubs, shopping centres and on public transport, as well as station platforms and sports stadiums.

14. Venue Site Plan

