



LOSTWATER

SWIMRUN ORIENTEERING

INTRODUCTION

Through adding orienteering to swimrun, or swimming to orienteering, you get a whole new sport. An adventurous and boundaryless movement through nature. Your abilities in running, swimming and navigation will guide your way. Your way through nature.

Lostwater is the swimrun orienteering original. The first race was held September 2017 in Stockholm. The fourth Lostwater race will be held In the beautiful nature reserve 'Vättlefjäll' just outside Göteborg. The islands, bays and peninsulas creates outstanding swimrun orienteering potential.

SHORT RACE DESCRIPTION

- Lostwater 2019 is a team race (women, mix, men)
- There are no course markings
- Checkpoints are found on land and on platforms (60x60 cm) in water
- Waterproof maps are given to all teams when entering the start area
- Start area is ~900 meters from Race centre
- It is only allowed to see the maps after the start signal
- Teams must pass the checkpoints according to the order on the map
- Water Entry/Exit Points are used In order to improve safety (better control of the swimmers) and to protect the shoreline. The so called WEP's are marked by a cross on the maps and by a yellow plastic bag by the water. The teams must enter and exit max 3 meter from the WEP.
- Well sorted energy station will available and marked on the map
- All water crossings will be monitored by safety kayaks
- The kayaks are equipped with basic medical material and are in contact with race centre
- Medical personnel are standby In race centre
- Use your personal whistle in case of emergency

COURSE DEFINITION

Please visit the webpage below to see the the definitions for all three courses.

<http://www.lostwaterrace.com/tavlingsbeskrivning/>

RULES

Team setup

- One team consist of two persons (women, men, mix)
- Teammates must not be more than 10 meters apart in any part of the race
- All competitors must be at least 18 years old

The course

- The checkpoints must be passed in the correct sequence, according to your map

The Map

- Each team gets two waterproof maps, A3 format, scale 1:10000
- The team are not allowed to see the map before the start of the race

Timing

- Sport-Ident identification is used (Supplied by Lostwater if you)
- One Sport ident stick per team, both persons must touch the checkpoint
- All teams in all courses starts at the same time (= start timing)
- Timing stops at the finish checkpoint
- 5 hours is the maximum race time

Water passages

- Water access is only allowed via Water Entry/Exit Points (WEP's) marked on the map (purple cross) and by a yellow marker (plastic bag) on the shoreline.
- You must not enter/exit the water more than 3 meters away from the WEP marker. A clear foul will result in a 10 min time penalty.
- Diving head first is strictly forbidden and will lead to immediate disqualification.
- Swim cap must be used in all water passages (supplied by Lostwater)

Checkpoint platforms

- Checkpoint platforms may not be used as floatation aid (unless emergency)
- Checkpoint (Sport Ident Unit) cannot be underwater (water resistant, not waterproof)

Emergency and medical aid

- All competitors must carry a personal easy accessible whistle (not supplied by Lostwater) for emergency use only
- All teams must carry a first aid kit (not supplied by Lostwater)
- Safety kayaks (or similar) monitors all water passages. To be used as towing aid in case of emergency.
- Teams must help other teams in case of emergency

Littering

- Is of course not allowed and will lead to disqualification.

Road passages

- A smaller road might be passed, be careful crossing

Photos and film material

- Lostwater has the right to use photos and film material taken during the raceday

Force Majeure

- In case of unpredictable circumstances of superior strength that makes Lostwater cancel the race, 75% of the fee

Complaints

- Must be written and sent to someone in the competition management, who will discuss the case internally before a decision is made.

EQUIPMENT

All mandatory equipment must be shown before the race.

Mandatory equipment supplied by the race organization

- Swim cap x 2
- Waterproof map x 2 (Format A3, Scale 1:10000)
- Sport ident stick x 1

Mandatory personal equipment not supplied by the race organization

- Wetsuit made from neoprene covering shoulders and thighs*
- Easy accessible whistle

Mandatory team equipment not supplied by the race organization

- Compass (not watch)
- Small first aid kit (similar to Cederroth 4-in-1)

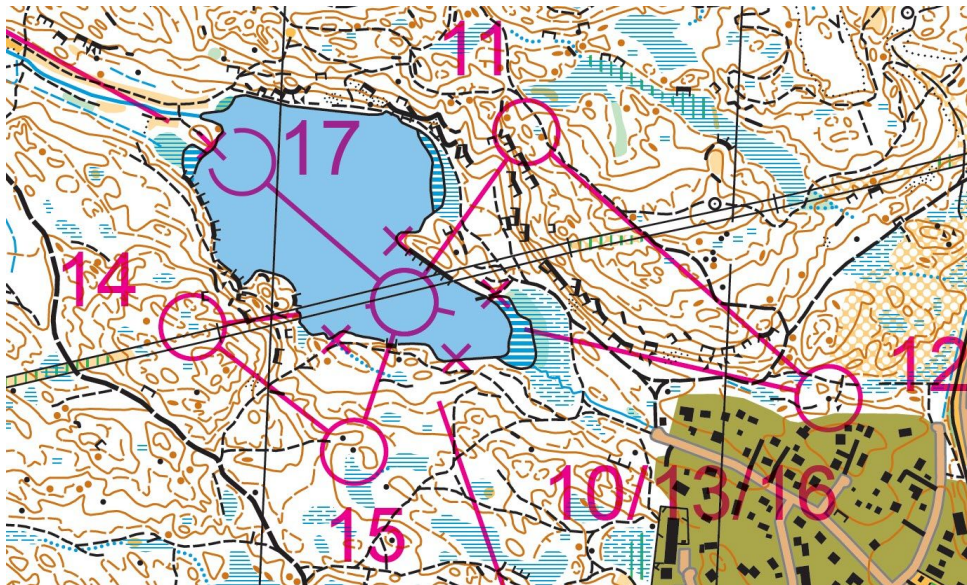
Other approved equipment not supplied by the race organization

- Swim glasses
- Paddles
- Ear plugs
- Elastic towing chord
- Floatation aid (max size 100 x 60 cm)
- GPS watch (not for navigation, but for track registration)

*If the air and water temperature is deemed “high”, the mandatory need for wetsuit might change. All persons must as an option wear/bring a floating device (eg. pull boy, float shorts). This will be decided and announced the same week as the race the latest.

EXAMPLE MAPS AND PHOTOS FROM PREVIOUS RACE'S

<http://www.lostwaterrace.com/history/>



TRAVEL

Race centre adress:

- Kryddnejlikegatan 9, Angered

Own car

- Parking available just outside the race centre

Public transport from Göteborg city centre (www.vasttrafik.se)

1. Tram to 4 or 9 to Angered Centrum
2. Buss from Angered Centrum 75 to Kryddnejlikegatan
3. Walk 7 minutes

DISCLAIMER

By registration, you confirm that you have understood the competition information available at www.lostwaterrace.com. You also confirm that you have an accident insurance covering Swimrun. We cannot repay the registration fee, so an insurance with repayment protection could be an option. Your data is stored in a database and is not distributed without your consent.

You will need to sign a disclaimer form before the race, stating that the race organization could not be held responsible for any injuries during the race.

WE HOPE TO SEE YOU 2019-08-17!

//Team Lostwater (Erik, Johanna and Jesper)