

Athlete's guide

Atea Jönköping Swimrun

June 6 2021

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1 A "Covid-safe" race

This year we have made a number of adaptations to be able to carry out the race. Here the most important things are listed. For details, see the respective section later on in this guide.

- All general recommendations and local restrictions apply also during the race – **keep your distance** both to other participants and volunteers, and **wash your hands** as often as you can. **You will of course stay at home if you have any (even mild) symptoms of an infection, such as soar throat, cough, headache etc.**
- The maximum number of participants in the race is 150 persons.
- Atea Jönköping Swimrun 2021 is a **spectator-free race**, we therefore recommend to leave your friends and family at home to the extent possible.
- **Avoid crowds and queues**
 - **Arrive early** to avoid queues at the registration/bib pick-up.
 - **The start area is fenced off and restricted to participants only. Start positions are marked with cones separated by a secure distance.** Allow faster teams to choose the spots closest to the start line, to avoid unnecessary passing during the race.
 - **Keep your distance** during the whole race, both to other participants and spectators/by passers during the whole race. Keep distance also when passing other participants!
 - When you finish, **pass as quickly as possible through the finish area** to leave room for the next finishers.
- **Self-service**
 - Bag drop-off is not serviced by volunteers - leave and pick up your bag by yourself in the designated tent.
 - At the aid station you pick your own drinks and nutrition, which will be placed conveniently for each team – only touch the things that you will actually pick up.
 - In the finish area you will pick up the medal by yourself, leave your number bib vest and chip at the designated bins, and pick up your own food.
- **No award ceremony**, to avoid crowds, medals and prizes are given directly at the finish line.
- If possible, **change and shower at home.**

2 Classes, distance and maps

The race includes three distances (35km, 15km and Family 1km) but this guide focuses on the 35 and 15km distances, with three classes in each distance. For each distance winners will be appointed in the classes men, women, and mixed teams. Additionally, winners are appointed in the 15km individual class, men and women. The podium positions in each class will be awarded prizes from our sponsors. Note that in order to win a class the participants have to comply with all the competition rules (available in full at our website) and all instructions in this document.

Below you can find course descriptions and maps for the distances. Note that minor changes of the courses and times may be announced until race day, e.g. due to changes in restrictions and/or course conditions. Such changes will be published on

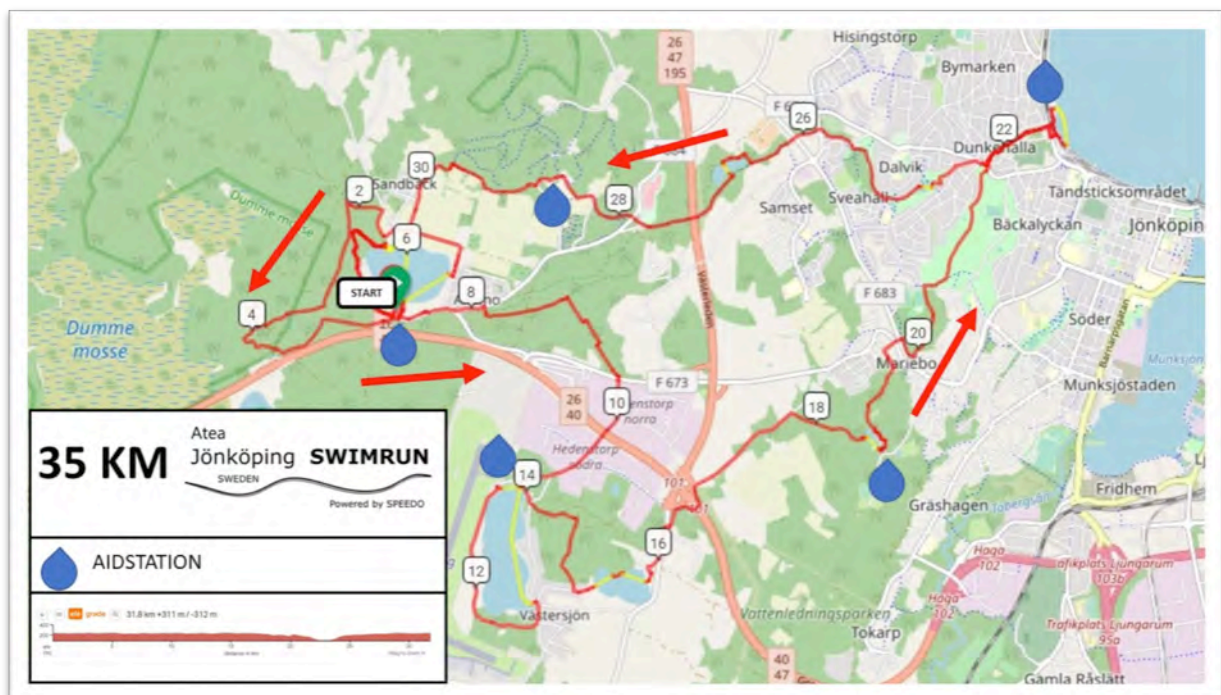
our website, announced at the race briefing, and at the information point in the race arena on race day.

It is always up to the participants themselves to know the correct course. The whole course has to be covered, by both members of the team, otherwise the whole team is automatically disqualified. Volunteers will be placed only at key positions throughout the course. Course markings will be available, but it is the responsibility of the participants to choose the right way. We recommend everyone to load the GPS-track of the course (available from the website) into your watch or other GPS-device. In the 35km race it is mandatory to also carry the provided course map throughout the whole race.

2.1 Atea Jönköping Swimrun 35km

35km is our longest distance, suitable both for experienced swimrunners and others who have long experience of open water swimming. Participants are responsible to know the race course, but volunteers will be placed at key points (in addition to volunteers at the aid stations and life guards). The whole course is marked with plastic ribbons, and in some places also painted arrows. In the 35km race it is mandatory to carry the provided course map throughout the whole race.

The start is at 10:00 (preliminary time) at Axamo beach, west of Jönköping. For the 35km distance there is a cut-off time, at 11:10 by the race arena, i.e. after the first 7.5km, which is shared with the 15km distance. If a team does not make this cut-off time the team has to abort the race and stop at the arena. Note also that the finish closes at 14:30. Manned aid stations are found throughout the course according to the map and table below. Larger map and GPS-track can be found on our website.



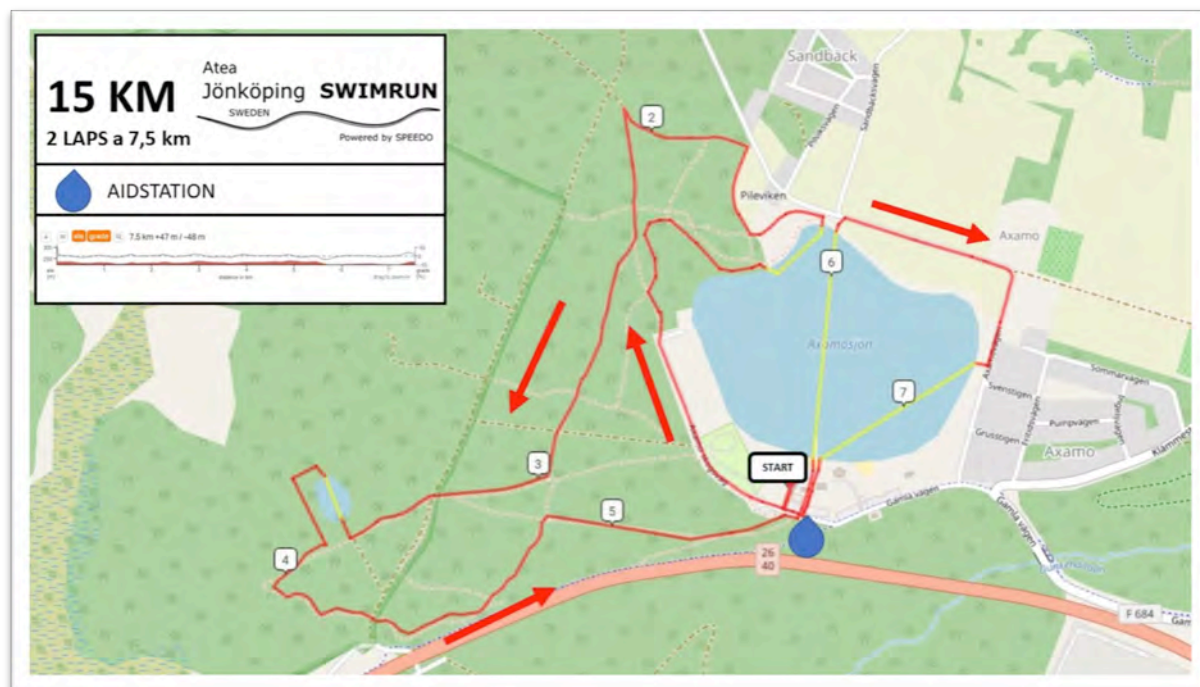
Course description (see also detailed maps at our website):

#	SWIM/ RUN	KM	DISTANCE	LOCATION	DESCRIPTION
1	RUN	0	1,2	START/ AXAMO 10:00	Start near the beach.
		1,2		Axamo cape/small beach north west	Flat run on gravel road to the cape
1	SWIM	1,2	0,2	Axamo cape/small beach north west	Swim along the shore, around the buoy after 30 m
		1,4		Axamo north/ dog beach	
2	RUN	1,4	2,1	Axamo north/ dog beach	Running on a path, then the marked running path (4.7km track, yellow marks) follow the track until the forest pool
		3,5		Mogöl east	
2	SWIM	3,5	0,1	Mogöl east	Short swim, cross the pool
		3,6		Mogöl west	
3	RUN	3,6	2	Mogöl west	Run through the forest back to the path, follow the track (4.7km track, yellow marks) back to the arena and Aidstation 1
		5,6		Axamo beach/jetty	
3	SWIM	5,6	0,5	Axamo beach/jetty	Swim straight across the lake
		6,1		Axamo north/ dog beach	
4	RUN	6,1	0,7	Axamo north/ dog beach	Asphalt run
		6,8		Axamo east/beach	
4	SWIM	6,8	0,4	Axamo east/beach	Shallow swim start, if you swim along the shore the whole swim is in shallow waters
		7,2		Axamo beach/jetty	
5	RUN	7,2	3,6	Axamo beach/jetty / CUTOFF 11.10	Aidstation 2 , run on asphalt, paths and difficult trackless forest terrain
		10,8		Västersjön north	
5	SWIM	10,8	0,2	Västersjön north	Known for its great water, swim along the shore, shallow, Aidstation 3
		11		Västersjön west	
6	RUN	11	1,8	Västersjön west	Run to the other end of the lake, gravel road
		12,8		Västersjön south east	
6	SWIM	12,8	1	Västersjön south east	Longest swim, enjoy! Back to Aidstation 4
		13,8		Västersjön north	
7	RUN	13,8	1,4	Västersjön north	Mostly forest path run
		15,2		Ulftorpssjön west	
7	SWIM	15,2	0,2	Ulftorpssjön west	"Black lake", bad visibility through the water
		15,4		Ulftorpssjön north 1	
8	RUN	15,4	0,1	Ulftorpssjön north 1	Short run on a path
		15,5		Ulftorpssjön north 2	
8	SWIM	15,5	0,2	Ulftorpssjön north 2	Second swim in Ulftorpssjön -

		15,7		Ulftorpssjön east	black lake, bad visibility through the water
9	RUN	15,7	2,6	Ulftorpssjön east	Mixed run, gravel road, some trackless forest along the road, asphalt, paths
		18,3		Åsendammen north	
9	SWIM	18,3	0,2	Åsendammen north	Swimming along the shore
		18,5		Åsendammen south	
10	RUN	18,5	4,1	Åsendammen south	Aidstation 5 , mixed path and asphalt run, 300 stairs downhill
		22,6		Vättern south	
10	SWIM	22,6	0,3	Vättern south	Now you are swimming in the drinking waters of Jönköping!
		22,9		Vättern kanotklubben	
11	RUN	22,9	1,6	Vättern kanotklubben	Recharge batteries at Aidstation 6 , 300 stairs uphill awaits you
		24,5		Pojkadammen north	
11	SWIM	24,5	0,1	Pojkadammen north	Short swim in pojkadammen
		24,6		Pojkadammen south	
12	RUN	24,6	2,1	Pojkadammen south	Starts with asphalt run, then paths, slight elevation
		26,7		Klämmestorpsgölen north	
12	SWIM	26,7	0,1	Klämmestorpsgölen north	Across the lake from the barbecue site to about 30m trackless forest
		26,8		Klämmestorpsgölen south	
13	RUN	26,8	3,7	Klämmestorpsgölen south	Run up the paths of Hallbyleden to Aidstation 7 , then a short return to the run track and back to Axamo lake
		30,5		Axamo north/dog beach	
13	SWIM	30,5	0,2	Axamo north/dog beach	This is SWIM 1 but from the opposite direction
		30,7		Axamo cape/small beach north west	
14	RUN	30,7	1,2	Axamo cape/small beach north west	Just RUN 1 left, back to start/finish area in our arena
FINISH		31,9		Finish/ Axamo	FINISH CLOSES 14:30

2.2 Atea Jönköping Swimrun 15km (individual and teams)

The 15km distance is our shorter distance and can be done individually or as a team (note that if you are registered as a team the rules of teams apply, i.e. if one person aborts the race the whole team has to abort). Participants are themselves responsible to know the course, but volunteers are placed at key positions (in addition to volunteers at the aid stations and life guards). The course is also marked by plastic ribbons. If you have a watch or similar device with GPS capability we recommend downloading our GPS track (available from our website). Manned aid stations are available according to the map and table below.



Course description (see also detailed maps on our website):

#	SWIM/ RUN	KM	DISTANCE	LOCATION	DESCRIPTION
1	RUN	0	1,2	START/ AXAMO ~10:05	Start near the beach.
		1,2		Axamo cape/small beach north west	Flat run on gravel road to the cape
1	SWIM	1,2	0,2	Axamo cape/small beach north west	Swim along the shore, around the buoy after 30 m
		1,4		Axamo north/ dog beach	
2	RUN	1,4	2,1	Axamo north/ dog beach	Running on a path, then the marked running path (4.7km track, yellow marks) follow the track until the forest pool
		3,5		Mogöl east	
2	SWIM	3,5	0,1	Mogöl east	Short swim, cross the pool
		3,6		Mogöl west	
3	RUN	3,6	2	Mogöl west	Run through the forest back to the path, follow the track (4.7km track, yellow marks) back to the arena and
		5,6		Axamo beach/jetty	Aidstation 1

3	SWIM	5,6	0,5	Axamo beach/jetty	Swim straight across the lake
		6,1		Axamo north/ dog beach	
4	RUN	6,1	0,7	Axamo north/ dog beach	Asphalt run
		6,8		Axamo east/beach	
4	SWIM	6,8	0,4	Axamo east/beach	Shallow swim start, if you swim along the shore the whole swim is in shallow waters
		7,2		Axamo beach/jetty	
5	RUN	7,2	1,45	Axamo beach/jetty/ VARV 2	Aidstation 2 , run through the arena, now you are starting the second lap
		8,65		Axamo cape/small beach north west	
5	SWIM	8,65	0,2	Axamo cape/small beach north west	Swim along the shore, around the buoy after 30 m
		8,85		Axamo north/ dog beach	
6	RUN	8,85	2,1	Axamo north/ dog beach	Running on a path, then the marked running path (4.7km track, yellow marks) follow the track until the forest pool
		10,95		Mogöl east	
6	SWIM	10,95	0,1	Mogöl east	Short swim, cross the pool
		11,05		Mogöl west	
7	RUN	11,05	2	Mogöl west	Run through the forest back to the path, follow the track (4.7km track, yellow marks) back to the arena and Aidstation 3
		13,05		Axamo beach/jetty	
7	SWIM	13,05	0,5	Axamo beach/jetty	Swim straight across the lake
		13,55		Axamo north/ dog beach	
8	RUN	13,55	0,7	Axamo north/ dog beach	Asphalt run
		14,25		Axamo east/beach	
8	SWIM	14,25	0,5	Axamo east/beach	Shallow swim start, if you swim along the shore the whole swim is in shallow waters
		14,75		Axamo beach/jetty	
9	RUN	14,75	0,25	Axamo beach/jetty	Run past the aid station and into the finish area
FINISH		15		Finish/ Axamo	FINISH CLOSES 14.30

3 Start/finish

The race arena is located at Axamo beach, west of Jönköping. Start and finish is located on the grass area west of the sauna- and changing room building. In the area there is also water and toilets. The start area is fenced off and only checked-in participants may enter the start area. To avoid crowds and close contact between participants the participants will be spread out in the start area by cones placed at safe distance. The team chooses a cone and will then remain close to that cone until the start signal. In the current situation we recommend to change and shower at home if possible. There is limited availability of changing rooms and showers at Axamo beach – maximum 2 teams can change at any given time, and maximum one person in the shower area at the time. Respect the restrictions – keep your distance and wash your hands!



4 Time schedule

Note that all times are preliminary and may change up until race day, due to any changes in restrictions until that time. Updated time schedule will be available on our website, at the briefing, and by the registration tent on race day.

4.1 June 6

	Activity	Place
07:30-09:00	Registration/bib pick-up (Late entry is possible in 15km and Family if spaces are available – no late entry in 35km)	Axamo motion (cabin)
08:00-15:00	Change/shower/bag drop-off tent	Axamo motion (cabin)
08:00-15:00	Info point	Axamo motion
09:00	Registration/bib pick-up CLOSES	Axamo motion
09:20	Start Atea Jönköping Swimrun Family	Start area
09:40	Check-in 35km, and briefing for both distances	Start area
10:00 (prel. time)	Start Atea Jönköping Swimrun 35km	Start area
10:00	Check-in 15km (immediately after the 35km start)	Start area
ca 10:05 (prel. time)	Start Atea Jönköping Swimrun 15km	Start area
11:10	CUTOFF 35km	Axamo beach swim exit
ca 11:30	First team finishes 15km	Finish area
ca 12:45	First team finishes 35km	Finish area
14:30	Finish closes	Finish area

5 Before and after the race

5.1 Check list - equipment

Below you find a list with recommended equipment. Points in bold are mandatory (if mandatory for a specific distance it is mentioned in parenthesis).

- **Valid photo ID**
- **Wetsuit**, preferably with short legs and arms (note NOT mandatory in Family)
- **Whistle, one per participant**, to call attention at any accident or danger (note NOT mandatory in Family)

- **Waterproof first aid kit**, one per team (only mandatory on 35km)
- **Foldable cup/water bottle**, one per participant (only mandatory on 35km)
- Shoes (suitable for running when wet and on wet surfaces)
- Socks, e.g. high socks/calf guards - wool socks at low temperatures
- Swimming goggles
- Vaseline, e.g. to avoid blisters from the wetsuit
- Pull buoy, or other flotation device (**not larger than 32x30x15cm** - note exception in Family, where all flotation devices are allowed) - fins may only measure 15cm from the tip of the toe.
- Paddles
- Line/rope, if you are uneven swimmers/runners (note that this cannot be used on the first run segment for safety reasons)
- Sunscreen
- Earplugs for swimming
- Watch/GPS
- Warm sweater at low water temperatures
- Extra energy
- Towel
- Change of clothes

5.2 Registration and check-in

Registration/bib pick-up, as well as late entry, is available at the info point at the back of the changing room/sauna building from 07:30. Arrive early to avoid queues! Respect the fences and volunteer instructions, and note that there will be separate queues for bib pick-up, late entry, and information. Be ready to show your photo ID at the registration desk (one participant can pick up the start envelope for the whole team). For late entry into the race you must bring your own computer or smartphone, and credit card, to register – for safety reasons we will not allow borrowing the computers at the registration desk, and only credit card payment is possible. No late entry into the 35km race possible.

At the registration desk you will receive your envelope (one per team) with your bib vests, swim caps, and one timing chip per team. The bib vest must be worn the whole race, and the swim cap must be worn during every swim segment. The bib vest must not be modified in any way. The timing chip should be fastened around the leg of one of the team members – the team will be charged a fee for a lost chip, keep track of your timing chip! The bib vest and the timing chip are to be returned in the finish area.

Check-in to the start area will start at 09:40 for 35km. At the check-in mandatory equipment is inspected. When a team has checked in they shall proceed to immediately choose a start cone in the start area. Once a cone has been chosen, the team is not allowed to change position and should stay as close as possible to the cone until the start signal. Please allow faster teams to choose the cones closer to the start line, to avoid unnecessary passing during the first course segments. Teams at the back of the start area: be careful and take it easy at the start signal, avoid tripping on the cones between your position and the start line!

As soon as the start signal has been given for 35km the start area will be opened to participants in the 15km race, who will choose their cone in the same manner. Please allow faster racers to choose cones further towards the start line to avoid unnecessary passing during the first run segment. When a participant/team has picked a cone, it is not allowed to change position, and the participant/team should stay as close as possible to the cone until the start signal. Teams/participants at the back of the start area: be careful at the start signal, to avoid tripping on the cones between your position and the start line!

If you need to leave the start area after check-in, please notify a volunteer of your intention!

5.3 Change and bags

Changing rooms are open from 8:00-15:00 at the sauna/changing room cabin Axamo motion, however, due to the current pandemic we recommend to change and shower at home if possible. Bags and warm clothes can be left in a bag drop-off tent at the back of the changing room building. The event organisation will take no responsibility for valuables left in the bags and you leave and pick up your bag yourself. The tent is being watched by volunteers from the registration desk.

5.4 Race briefing

Race briefing will take place shortly after 09:40 in the start area. During the briefing we will discuss the courses, including any late changes, competition rules and time schedule. We recommend all participants to attend the race briefing, where the latest information is provided and questions can be asked if anything is unclear. The briefing will overlap with the time for check-in to the start area for 35km, we therefore ask participants in the 15km race to keep their distance, spread out over the grass area, and not create a crowd in front of the check-in. Be careful to keep your distance and spread out as much as possible to avoid crowds and queues during briefing and check-in.

5.5 Finish

A team has finished when the last participant crosses the finish line. Due to the current pandemic and corresponding restrictions, the whole area is "self service". You will pick up your medal yourself and there will be a photo spot. Any prizes are collected directly by the winners in the finish area, no award ceremonies will be held - follow the instructions of finish area volunteers. Then leave your bib vest and your timing chip in the respective bin before you leave the finish area. Please leave the finish area as quickly as possible to leave room for the next finishers!

5.6 Food

Food for the participants is served after they finish, outside the finish area. State your name and start number to be ticked-off on a list when picking up your food. Bring your food and choose a suitable spot at a safe distance from the food pick-up, and sit down together with your teammate only, to avoid crowds around the finish area.

5.7 Expo

Due to the current restrictions we do not have an expo area this year, i.e. there is no sales of any equipment in the area – make sure that you bring everything you will need to the race!

5.8 Aborting the race

Participants who choose not to start, but who picked up their start envelope has to, for safety reasons, notify a volunteer before the start signal. Participants who drop out of the race after checking in to the start area must immediately notify the closest volunteer of their intention when they want to abort the race, and return their bib vest and timing chip at the info point or in the finish area as soon as possible.

5.9 Medical

In case of serious injury, call 112 immediately! In case of minor injuries medical staff are available in the race arena, in the grass area west of the start- and finish area.

5.10 Information

The info point is available at the registration desk until shortly after the finish line closes. Here you can leave and retrieve lost items, get information about the race and time schedule etc. This is also where changes to this guide are posted, along with maps of the courses. The info point can also assist in calling the attention of the medical staff, and provide information to relatives of participants who aborted the race or received medical assistance.

5.11 Rules

The complete version of the competition rules are available from our website (<https://jonkopingswimrun.se/tavlingsregler-jonkoping-swimrun/>). It is the responsibility of each participant to know and follow the competition rules. Any changes to the rules will be notified at the race briefing and posted at the registration desk. If any participant fails to comply with the rules, their team will be disqualified and not included in the competition results. The race director makes decisions of disqualification, there is no possibility of appeal.

A few important rules:

- Participation has to be done in a team of two (except in 15km individual class), and the team members can at no point in time be further apart than 10 meters.
- Participants must respect the instructions of volunteers throughout the course, including the cutoff-times that have been announced.
- All equipment that is carried at the start has to be carried throughout the whole race, until the finish line.
- Equipment check is conducted at the check-in to the start area, illegal equipment may not be brought into the start area (see complete list in the rules on our website). Participants may be denied to start if mandatory equipment is missing.
- Provided bib vest and timing chip must be worn throughout the race, swim cap must be worn during every swim segment.
- Every team has to, on their own without any outside help, cover the complete racecourse. The course is marked and volunteers are placed at key points, but it is the responsibility of the participants to know the course and choose the right way. In 35km it is mandatory for each team to carry the provided course map throughout the whole race, independent of whether the team also has a GPS-device or not. We recommend GPS also in the 15km race.
- It is forbidden to dive head first when starting a swim segment.

- Littering is punished with immediate disqualification. All trash must be put into the trashcans at the aid stations, or carried until the finish line.
- All participants will treat others with respect, including fellow participants, event organiser, volunteers, spectators and the general public – both before, during and after the race. This includes social media.
- If one team member is injured/aborts the race, the whole team has to abort the race. Immediately notify the nearest volunteer and leave your bib vest and chip at the info point. Participants will be charged for a missing timing chip!
- The time of a team will be measured from the start line until the last participant of the team crosses the finish line.

6 During the race

6.1 Run

Run segments are marked with plastic ribbons, and at some points also painted arrows. Keep to the right if walking, allow faster racers to pass to the left. Show good sportsmanship and allow faster racers to pass at a safe distance even on narrow segments – keep 2m distance at all times!

The course runs over roads, sidewalks, paths and through forest terrain. The course is not closed from the public, nor from traffic, respect others who are using the same roads and watch out when crossing streets with traffic!

It is allowed to take a break at the side of the course, as long as you return to the course exactly where you left it.

6.2 Drinks and nutrition

Aid stations are located at approximately 5km distance (see tables). At the aid stations there is water, sport drinks, gel and bars, placed such that each team can keep their distance and avoid crowds. Self-service applies and as far as possible nutrition is served in unopened packaging to avoid any risks of contamination.

At the aid stations there are also warm blankets, toilets, and first aid kits, as well as trash cans (throw all your garbage here, or bring it to the finish line).

6.3 Swimming

Swim segments are marked with a start- and a finish flag. On longer swim segments there are also buoys marking the swim course. If buoys are not available, the swim is a straight line between the flags, otherwise follow the buoys, which should be passed at arms length. Swim segments may be covered either by swimming or by running in the water, in case of shallow water.

Use your whistle to call attention at any accident or danger in the water. Volunteers and lifeguards are only available on the shore at shorter swim segments, or where the swim course follows the shoreline. At longer swim segments there are also volunteers and lifeguards in the water/in boats.

7 After race day

7.1 Results

Preliminary results will be published at the info point during the day. Final results will be published on the website after the race.

7.2 Lost items

Lost items can be retrieved at the info point during the day. After the race lost items can be retrieved by contacting the event organisation at info@jonkopingswimrun.se. Note that lost items will normally not be mailed, hence, make sure you have everything with you before leaving Jönköping.