

Where do I find information about Göteborgsimmet?

- Homepage : www.goteborgsimmet.se
- Facebook: www.facebook.com/goteborgsimmet

How do I sign up?

You register yourself for the race on the Göteborgsimmet homepage under the heading "Anmälan". As part of the registration process, you will be able to select what wave to start with.

Am I registered? When do I start? What wave am I in?

An up-to-date start list can be found on the homepage, under the menu item "Information". On it you can find both the time and wave for your start.

Note that if you have registered via the *Göteborgsklassikern*, it may take up to a week for your registration to show up in the starting list and before you are assigned a starting wave. This is to try to allow registrants for clubs or businesses to end up in the same wave. For more information about the Göteborgsklassikern, please visit their homepage: www.goteborgsklassikern.se.

Can I change the wave I am to start with?

Yes, please send an email to info@goteborgsimmet.se and we will help you get this done. However, due to safety reasons, no switching of starting waves are allowed on the day of the race.

Will any information be sent out before the event?

All the information you need in preparation for the Göteborgsimmet will be added to our homepage under the tab "Information". In the beginning of August the host will also send out a welcome email with additional information.

Am I insured?

All participants, officials, and volunteers are insured through the host for accidents occurring during the event.

How much should I train before the race?

The more you train before the event, the more you will be able to enjoy your participation. Swimming the race distance in a pool a few times is a great way to train your swim muscles. However, even those who are well trained need to get used to swimming in Open Water. We recommend that everyone try swimming in a lake or in the sea before the event to get a feel for what it is like.

Do you offer swimming/technique lessons?

Yes, the club *Göteborg Sim*, which hosts *Göteborgsimmet*, offers classes in both crawl and breast stroke technique throughout the year and more condensed courses are also carried out during the summer. For information and registration:

<http://www.goteborgsim.se/Aktiviteter/>

Where can I find the results?

The results are published live on the website. Results will also be posted on two separate boards in the event area.

Is there an age limit?

No, *Göteborgsimmet* has no age limit. All participation is at your own risk and parents are responsible for their children. We recommend parents to swim with their children.

Are there life guards?

The organizer has an agreement with the Swedish Lifeguard Society (Svenska Livräddningssällskapet), which is responsible for life-saving resources on race day. A large number of trained lifeguards will be found on the platforms along the course as well as on boats following the swimmers during the race. All participants will be supervised by our lifeguards throughout the course.

What about First Aid?

There will be a medical tent with doctors and nurses down on the beach by the edge of the water. There are also healthcare professionals at the finish line to take care of those who may need help.

What is the water temperature?

The water temperature is usually between 17-21 degrees. See the website for up-to-date information.

Are wetsuits allowed?

In the exercise classes (including 5000 m & 2500 m if you do not intend to participate in DM / JDM or Open Water Trophy), wetsuits are allowed. In the competition classes, the Swedish Swim Association's rules for the use of wetsuit applies.

Do you have to use a wetsuit?

No, you do not have to swim with a wetsuit. Wetsuits are used by swimmers partly to keep warm, but also to help the swimmer with buoyancy.

- The wetsuit should be tight so that water does not flow between the suit and the body.
- You should definitely try swimming with your wetsuit before the race to get used to it.
- If you crawl the entire race, a wetsuit with long sleeves and legs may be preferable. On the other hand, if you plan to swim breaststroke, you should wear a wetsuit with short sleeves and legs; a wetsuit with long sleeves and legs may severely impact mobility and prevent the swimmer from swimming breaststroke.
- The zipper on the wetsuit is most often placed on the back.
- For help with how to get your wetsuit on, see:

<https://www.youtube.com/watch?v=0AXhPiX3Sto>

Additional information:

- Be early! Please consider using public transit or car-pooling with fellow swimmers since parking is limited.
- You must pick up your packet at least 45 minutes before your start. To expedite the check-in and packet pickup, please look up your race number beforehand on the race website or on a bulletin board by the check-in. Thank you!