

# SWIMMER EVENT GUIDE

## HAMPTON OPEN AIR POOL





Dear Swimmers,

A huge thank you for your support in joining us at Swim the Night at Hampton Open Air Pool this October.

You're about to take on an epic challenge, and we'll be right there with you, supporting your every stroke. We're thrilled to be returning to Hampton this autumn for another great poolside night out!

A special shout-out to everyone swimming to raise funds for our wonderful charity partner, Aspire. Your efforts are making a real difference to those with spinal cord injuries.

This guide contains all the information you'll need ahead of the event.

Whether you're swimming 1 km or 1 mile every hour, as part of a team or solo, your challenge is set, and the night awaits.

See you poolside!

Diccon, Alice, and John  
Swim the Night Founders

Brought to you by:



SWIMQUEST®

Charity Partner:



Supporting people with spinal injury

# KEY INFORMATION

## DATES & TIMINGS

The event will run from 7pm Saturday 4 October to 7am Sunday 5 October 2024. Tent pitching from 5.30pm, arrivals from 5.45pm.

For those who have booked tent pitches, tents must be removed from the site by 8am Sunday morning.

## VENUE

Hampton Open Air Pool, High St, Hampton TW12 2ST  
What3Words [///blues.splash.film](https://www.what3words.com/#!/blues.splash.film)

**SOCIAL**  
*media*  
*#swimthenight*

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@SwimTheNight



# ABOUT THE CHALLENGE

Swim the Night, created by the teams behind the Scilly Swim Challenge (SwimQuest Holidays) and Marathon Swims (Participation Sport), introduces a stand-out swimming challenge - with serious bragging rights. This event offers swimmers the extraordinary opportunity to do something not many have done, and would be unable to do alone - to swim through the night.

Swim the Night embodies the same welcoming and inclusive spirit found in our other ventures, focusing on community and camaraderie over competition. The event not only highlights the beauty of our remarkable lidos but also provides them with a valuable source of revenue by tapping into otherwise unused nighttime hours and showcasing breathtaking venues, new to many participants.

Hampton Open Air Pool is a community gem located in southwest London, nestled next to Bushy Park. The 6 lane pool is 36m and heated to 28oC - offering a perfect swim experience year-round.



# CATEGORIES

There are four different categories possible to enter for Swim the Night at Hampton. These are outlined below.

1km per hour, for 12 hours (29 lengths)	1km per hour, for 12 hours (team) (29 lengths)
1 mile per hour for 12 hours (individual) (45 lengths)	1 mile per hour for 12 hours (team) (45 lengths)

Swimmers are allocated a lane and start time based on swim speed (or the Captain's swim speed in a team entry) and event choice, as submitted on the registration form. Allocating swimmers into speed appropriate lanes helps limit the amount of overtaking required. The Swim Director will move swimmers between lanes if necessary during the event. We will publish start times shortly and your start time (either on the hour or on the half hour) will also be in your registration pack.

If you wish to alter your swim speed from your registration information, please update your Active account before 23.45 on Sunday 21 September 2025. Check [www.swimthenight.com/faqs](http://www.swimthenight.com/faqs) for advice on how to log into your account.

## SPECTATORS

Anyone attending the event without a swim entry (Spectators and helpers) need to register themselves before 23.45 on Tuesday 30 September via [this link](#). Please ask your spectators to check in at the registration tent where they will be given a spectator wristband.

SWIM  
THE  
NIGHT

SWIM  
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SWIM  
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NIGHT

# ARRIVAL

The event entrance is via the main pool entrance which will be accessible between 5.45pm and 6.15pm (or from 5.30pm if you have purchased a tent pitch). Only participants and registered spectators can attend the event.

## PARKING

Parking is by ticket only and is now sold out. Please check your Active account to see if you booked a parking place. There is limited parking space at the venue, so when parking, please park close to other cars. If you didn't book parking, don't panic! You can also park on the roads outside the centre as long as you don't put wheels on the kerb. Manor Gardens opposite the centre also offers free roadside parking (just be careful not to park on the kerb!)

## TRAINS

You can catch a South Western Railway train from London Waterloo, which typically takes around 40 minutes to reach Hampton Station. Once you arrive at Hampton Station, the pool is about a 10-15 minute walk away. Exit the station, and head down Station Road. Turn left onto High Street, and follow it until you reach Upper Sunbury Road, where Hampton Open Air Pool is located.

## ON ARRIVAL

On arrival please go through the main gates and head to the Swim the Night registration tent to show your entry confirmation. The Swim the Night team will be at registration to welcome you and provide you with all the information you need.

If you have purchased a camping pitch, you'll be instructed as to where you can pitch your tents. Any pre-erected tents hired will already be assembled and ready for you (please note - no sleeping bags / mats are provided with the tents).

## REGISTRATION

Once you're registered you'll be directed to the changing areas and to your camping pitch (if purchased).

If you purchased any Swim the Night merchandise, this will be available to collect as you register. There will be some additional items (subject to availability) to purchase on the day via cash or card. Also included in your event packs will be your:

- participant wristband
- event tattoo (corresponding to your event number) - please apply to your upper arm
- a number for your tent/camping pitch, if relevant.

## LOCKERS

Lockers are available for use on poolside, with a £1 coin return.

## WETSUITS?

Wetsuits are not allowed at Swim the Night Hampton - the pool is heated a toasty 28oC, but please do ensure you have warm, all-weather gear for when you exit the pool.



# FORMAT

## INDIVIDUALS

All participants start on the hour, or on the half hour and have 60 minutes to complete their chosen distance (1km or 1 mile per hour). Participants must swim their chosen distance and exit the water after they have completed that distance.

Participants will swim in each one of the 12 hours, starting on the hour, or on the half hour.

Your start time will be allocated by email prior to the event.

## TEAMS

Team entrants: (teams of 2) can arrange their swims as they wish. Each team's swims can be equal (e.g. 6 each) or unequal with one swimmer swimming more 'hours' than their team mate. Teams can only ever have one team member in the water at any one time. Teams can alternate their swims or arrange their swims in blocks giving the non-swimming teammate a longer rest out of the pool.

## START

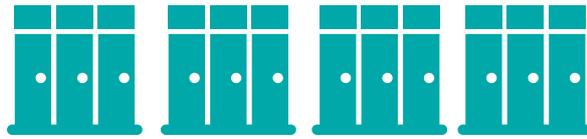
The swim starts at the deep end of the pool. When safe to do so, participants can dive in, slip in from the side or use the steps to enter the pool.

## FINISH

For safety reasons, you will finish your swim at the shallow end of the pool (yes, we know, this means a few extra bonus metres!)

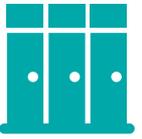


# POOL SET UP

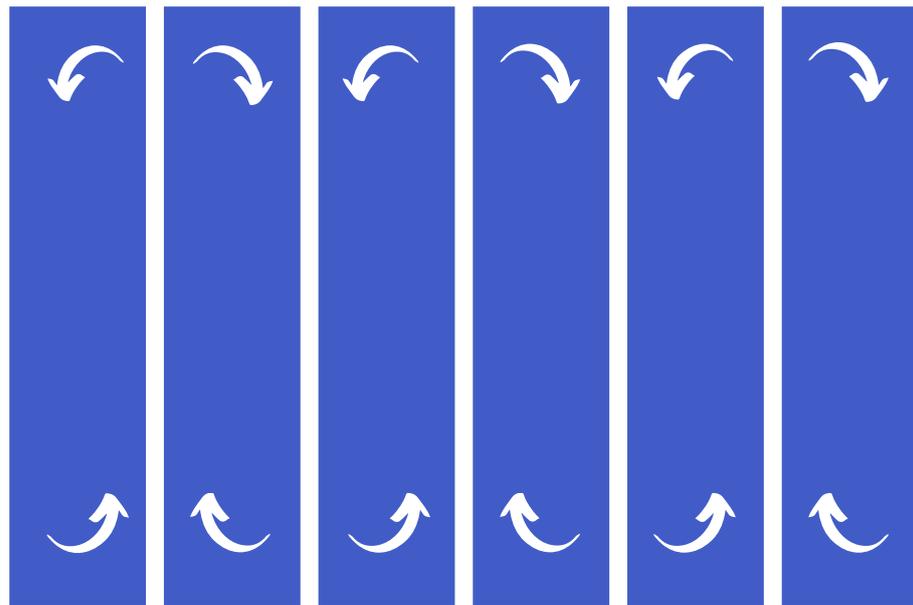


OUTDOOR CHANGING & LOCKERS

INDOOR  
CHANGE  
MALE



START @ DEEP END



POOL ENTRANCE



1

2

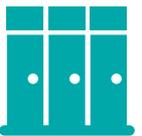
3

4

5

6

INDOOR  
CHANGE  
FEMALE



FINISH @ SHALLOW END



MARQUEE  
& CAMPING

REGISTRATION  
TENT



PICNIC BENCH SEATING



FOOD & BBQ

CHILDREN'S POOL  
(CLOSED FOR EVENT)

# THE SWIM COURSE

Swimmers stay in a single, allocated lane for the duration of the event.

Lanes are numbered 1-6. Swimmers are separated by estimated swim speed, to ensure a good event experience for all. After all - no one wants to constantly over take or be over taken.

Lanes 1, 3 and 5 will swim anticlockwise. Lanes 2, 4, 6 will swim clockwise.

# CONSIDERATION FOR OTHERS

Throughout the event and at all times whilst at the pool, please be considerate to others. This includes good lane etiquette and also keeping noise to a minimum throughout the night.

The Lido has some close residential neighbours. It is vital that the event does not cause a disruption to anyone living close by.

Music is not permitted, although you're very welcome to bring your headphones so you can enjoy your favourite tunes whilst on a break between swims. Swimming headsets are also permitted, as long as the volume is set at a level where you can still hear the instructions of our team.

# LAP COUNTING

All participants are responsible for counting their own laps. The task of counting laps may be done by your supporter/helper or by yourself as the swimmer.

# EXIT FROM THE WATER

Once your 1km/1mile swim in that particular hour is completed, please exit the pool and **check in with an event marshal so we can track your timings**. You can exit the pool either by the steps or out at the end of your lane. If exiting from the steps please take care to avoid other swimmers still swimming as you cross lanes. Once your swim is complete, dry off and rest before you do it all again on the stroke of the next hour.

## REST BETWEEN SWIMS

The amount of rest you have between swims is dependent on the speed of your last swim. The quicker you swim, the more rest between swims. Participants are recommended to stay dry and warm. Tents can be erected (some tent hire/camping pitch fees apply), which are a great way of have a lie down and re-charging before your next swim. If you have hired a tent/pitch please remember to bring your camping equipment.

## REST DURING SWIMS

You are welcome to take a rest during any of your swims. You can rest at the end of the lane, but please position yourself to limit any obstruction to your fellow swimmers. You can also exit the pool mid-swim, if you need to.

If you do get out of the water mid-swim, please remember to check in with a marshal.



# FOOD

## WHAT'S INCLUDED?

A complimentary Midnight BBQ and a 'Breakfast of Champions' is provided for all participants. Spectators can purchase food via the registration system.

Whilst this food is provided to participants it is strongly recommended that you bring your own provisions, especially if you have dietary requirements. No gels or bars are provided. Whatever Swim the Night event you are signed up to, you swim a significant distance and it is likely that you'll be needing sustenance and drinks after each swim.

No barbecues (other than the one organised by the event) or camping stoves are permitted.

## WATER

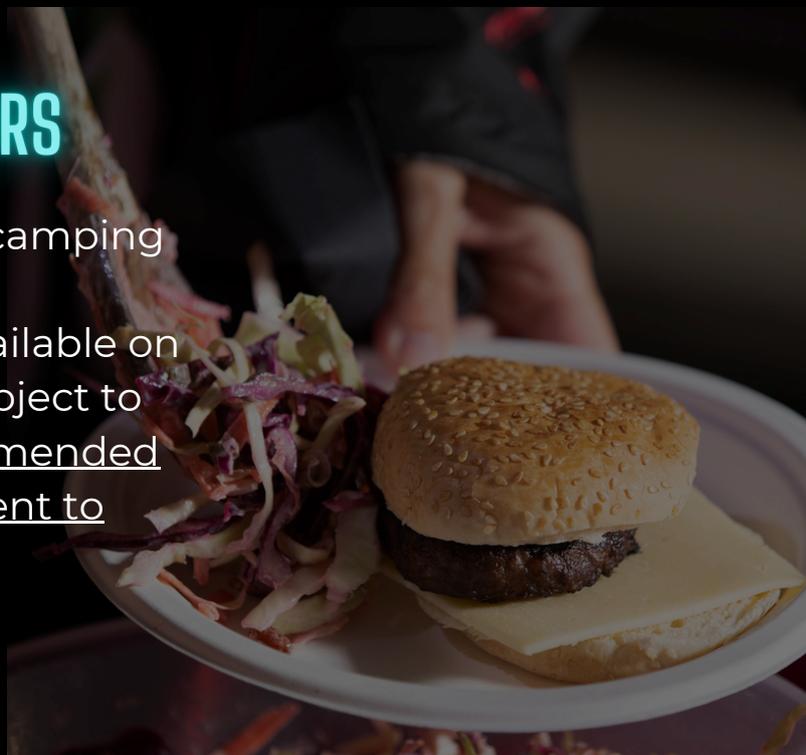
Please bring your own (ideally bright / distinct) water bottle which you can refill at the venue. NO GLASS ALLOWED.

## TEA & COFFEE

Complementary teas, coffees and hot chocolates are available throughout the night. Please bring your own mug / flask.

## SUPPORTERS / SPECTATORS

Spectators can book food and camping via the website. Some food and camping purchases may be available on the event day, but these are subject to availability. It is strongly recommended to book any food before the event to avoid disappointment.



# SAFETY

The safety of our swimmers is paramount. We have a medic on stand-by for the entire event and a full pool lifeguard team. The medic room is the studio, which is adjacent to poolside.

We also have experienced members of the SwimQuest guide team on hand who will help support you and encourage you through the night.

If you are feeling unwell before the event, please do not attend. It is your responsibility to make sure you are fit and well enough to take part.

Please ensure you have noted any medical conditions we need to be aware of on your entry form. These details will be passed onto the event's medical staff.



# FEATURE *hours*

Throughout the event there are 6 different Feature Hours to keep you motivated ...

<b>9PM</b>	<b>BIG-ME-UP-BUCKET-FILL</b>	Write a motivational sentence on one of the pieces of paper given out by the event staff. Fold it up and throw it into the Big Me Up Bucket ready for a fellow swimmer to read later on.
<b>11PM</b>	<b>MIDNIGHT FEAST</b>	You can look forward to a tasty midnight meal at the end of this swim to help you refuel and celebrate making it to midnight.
<b>MIDNIGHT</b>	<b>MIDNIGHT - HALF WAY</b>	Celebrate with a halfway selfie after your midnight swim!
<b>1AM</b>	<b>POWER HOUR</b>	You've broken the back of the night. try to make this your fastest swim yet.
<b>2AM</b>	<b>Big Me Up Bucket Opens</b>	Reach into that Big Me Up Bucket for some swimspiration!
<b>5AM</b>	<b>BREAKFAST OF CHAMPIONS</b>	After your 5am swim, we have a breakfast waiting for you. You can do this.



# WHAT TO BRING



<b>Swimming costumes</b>	Multiple - no one likes a soggy cossie!	
<b>Goggles</b>	Maybe two pairs just in case. Clear better than tinted for night swims.	
<b>Camping Equipment</b>	Tent, sleep mats, sleeping bag (if purchased a camping option - remember no sleeping bags or mats are provided with hired tents).	
<b>Dryrobe</b>	Ideal for keeping warm between swims.	
<b>Warm &amp; dry clothes</b>	These are essential - you will feel cold between swims. Please bring warm and wet weather gear, including wooly hat, scarves and gloves .	
<b>Hot Water Bottle</b>	Ideal for warming up between swims!	
<b>Water bottle(s)</b>	Ideally brightly coloured or named so easy to find poolside.	
<b>Watch</b>	Helpful for timing your swim.	
<b>Swim cap</b>	You can buy a Swim the Night cap at the event or bring your own.	
<b>Body glide</b>	Or form of lubricant if required.	
<b>Towels</b>	At least two.	
<b>Locker Coins</b>	£1 lockers available.	
<b>Mobile phone</b>	Remember you can leave it in the 'selfie station' ready for that mid event selfie!	
<b>Cash / card</b>	For purchasing merchandise / food / drinks.	
<b>Flip flops / sliders</b>	Good for avoiding cold feet.	
<b>Food</b>	Snacks / food / energy gels.	
<b>Swimming for Charity?</b>	A flag or something with their logo makes a good photo.	

## MOBILE PHONES

We encourage you to bring your phone poolside, so you can capture some great pre or post-race images, videos and share them on social media. The lockers on poolside are ideal to use for the stuff that you'll want to access quickly.

## WRISTBANDS

BAND	WHO?	SPECIFIC ACCESS TO
BLUE	12 hour participants	Poolside and Pool
WHITE	Participants without a supporter present	Poolside and Pool
GREEN	Registered Spectators Only	Poolside only. No access to pool

## KEEPING TRACK

It is your responsibility to count the number of course laps completed.

## CUT OFF TIMES

We require participants to complete their 1 mile or 1km swim within the hour.

# POST-EVENT

## RESULTS

Swim the Night is non-competitive event, though we do have a timing system which will keep a track of your splits for each hour. Times will be available via [this link](#) throughout the night and are also available to download post-event.

## MEDALS

The Swim the Night medals are different depending on your distance. Only participants who complete their entire challenge will be awarded a medal.

## POST SWIM

Post event, there will be no pool access without purchasing a swim from reception. Times of pool opening will need to be checked with the venue.

## RETIRING FROM THE EVENT

If you wish to retire from the race, please inform the Event Director. If you retire you will not be awarded your medal.

SWIM  
THE  
NIGHT

SWIM  
THE  
NIGHT



**1 KM, every hour, for 12 hours**

# MERCHANDISE

If you purchased merchandise - it will be available for collection as you enter the event.

Some on-the-day merchandise sales may be possible, subject to availability.



Swim the Night Hoodie  
£59.50



Swim the Night T-Shirt  
£19.50



Swim the Night Swim Cap  
£9.50

# WITH THANKS TO ...

## ORGANISERS



The mass participation sports events experts. Creators of events, consultancy to rights holders, brands and charities and event delivery agency.

[www.participationsport.com](http://www.participationsport.com), [info@participationsport.com](mailto:info@participationsport.com)



SwimQuest specialise in open water swimming holidays and friendly events, for all abilities, in locations worldwide. Exceptional service, unrivalled experience, and friendships to last a lifetime.

[www.swimquest.uk.com](http://www.swimquest.uk.com), [info@swimquest.uk.com](mailto:info@swimquest.uk.com)

## OUR EVENT PARTNERS



Aspire provides practical help to people who have been paralysed by Spinal Cord Injury, supporting them from injury to independence.

[www.aspire.org.uk](http://www.aspire.org.uk)



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THE  
NIGHT**

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YOU'LL BE THE  
FIRST TO HEAR.**

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