



2019 Open Water Championship and Age Group Competitions incorporating County Championships as appropriate

**Whitlingham Outdoor Education Centre,
Whitlingham Lane, Trowse, Norwich. NR14 8TR**

Sunday 21st July 2019

Championship Conditions

1. A competitor must be a Category 2 Swim England member or equivalent SASA or WASA member at the time of entry and on the day of competition. Foreign competitors will be accepted if they are members of a national association affiliated to FINA.
2. In the absence of appropriate registration, a Swim England Temporary Membership must be purchased.
3. There will normally be a maximum number of entries accepted in each event as detailed below.

1km. 3 waves x 50 swimmers, 150 in total

2km. 3 waves x 50 swimmers, 150 in total

3km. 2 waves x 50 swimmers, 100 in total

5km. 2 waves x 50 swimmers, 100 in total

Should it become necessary to restrict the entries to the numbers detailed above the following priorities will be used.

Temporary Members will be rejected first.

Swimmers from outside the region will then be rejected. If an event is being used as an Essex County ASA Championship event swimmers from Essex clubs affiliated to ASA London Region will be treated as East Region swimmers for this priority.

Priority for acceptance will then be given to swimmers where their age group for an event is one where the winner qualifies for the National event.

The 1km is considered a novice event. Swimmers who have swum the event before will not be accepted starting with those who swum last year and then the year before etc.

If the entries to an event are still in excess of the numbers detailed above acceptance will be on a first-come, first-served basis.

4. Where it is necessary to split an event into a number of waves in order to ensure the safety of swimmers at the start and during the race the organisers will endeavour to ensure that competitors in the same age groups swim together.
5. Swimmers must seek appropriate medical advice if they have any concerns as to their state of health. By entering swimmers confirm that they have not been informed by any medical practitioner and do not have any knowledge of any medical condition which would make it inadvisable for them to participate in Open Water Swimming. Accordingly they certify that they are physically fit to participate. They undertake to inform the Promoter of any medical condition which may affect their participation in the event.
6. Swimmers must be aware of and appreciate the inherent risks involved in open water competition, including the possibilities of injury and accident. They undertake to always conduct themselves in a responsible manner.
7. Swimmers undertake to inform the Referee of any concerns they may have as regards safety.

8. Swimmers acknowledge that during Open Water Swimming events the Swim England East Region cannot be held responsible for any loss or damage to personal belongings.
9. Swimmers agree to abide by and be governed by the rules of the Amateur Swimming Association and all other laws and regulations applicable including the ASA Safety Laws and the Conditions of the Swim England East Region.
10. Swimmers must attend the relevant safety briefing, anybody not attending will not be permitted to swim.
11. Photographs of the event may be used for publicity purposes, and may be put on the web-site.
12. In the event of cancellation by the organisers, any refund of entry fee may be subject to an administration charge. If the cancellation is for a reason outside the control of the organisers the Swim England East Region Open Water Committee will decide whether refunds will be offered.
13. Competing in more than one event is only possible with event 1 and either event 3 or 4.
14. The Age Groups are:

3km Freestyle
Region Age Groups: 13 14 15 16 17-19 20-24 25-29 30-34 35-39 40-49 50-59 60+
Nationals Qualifier Age Groups 14 & 15

1km Freestyle
Region Age Groups: 11-12 13-14 15-16 17+

2km Freestyle
Region Age Groups: 12 13 14 15-16 17-19 20-24 25-29 30-34 35-39 40-49 50-59 60+
Nationals Qualifier Age Groups 12 & 13

5km Freestyle
Region Age Groups: 13-14 15 16 17/18 19 20-24 25-29 30-34 35-39 40-49 50-59 60+
Nationals Qualifier Age Groups 16, 17/18 & 19 & over
15. To be able to qualify for the National event a competitor must be a member of a club affiliated to Swim England East Region and be in the first three of their age group.
16. The first 3 male and female swimmers in each age group will be awarded medals.
17. The first 3 male and female Para-Swimmers in the 1km and 2km events will be awarded medals.
18. Commemorative medals will be awarded to competitors from outside the East Region placed first, second or third in individual events.
19. A maximum duration cut off time limit shall operate; the duration being taken from the start of each race heat, where more than one heat is swum. The race duration cut off times are:
 - a. 1km 25mins
 - b. 2km 60mins
 - c. 3km 90mins
 - d. 5km 140mins
20. Swimmers times for the 1km and 2km events will be declared to one hundredth of a second. For the 3km and 5km events times will be declared to one tenth of a second.
21. Registration: Swimmers MUST sign in at the registration desk at the appropriate time.
22. Competitor No.: Competitors must have their number displayed on their back, upper arms, the backs of each hand, AND WEAR THE WRIST BAND and HAT PROVIDED. The hat is latex, swimmers who have a latex allergy must inform the organisers of this by the entry date.
23. Swim Gear: No swimmer shall be permitted to use or wear any device, which may be an aid to their speed, endurance or buoyancy. Goggles, cap, nose clip and earplugs may be used. Only one costume is allowed. Costumes must comply with FINA Open Water rules:-

Water Temperature above 20 degrees centigrade

Only costumes complying with FINA rule BL8.4 can be worn. A BL8.4 compliant costume (for both male and female) shall not cover the neck, nor extend past the shoulder or extend beyond the ankle. In all other respects they must comply with pool regulations.

Water Temperature between 18 degrees centigrade and 20 degrees centigrade

A wet suit may be worn, at the Promoters discretion, as an alternative to the current swimwear (as laid out above for water temperatures above 20 degree centigrade).

Water Temperature below 18 degrees centigrade

A wet suit is compulsory

Wet suit definition

For the purposes of the FINA rule, a wet suit is defined as a swimsuit made of a material providing thermal insulation. A wetsuit shall completely cover torso, back, shoulders and knees. They shall not extend beyond the neck, wrists or ankles.

The guidance provided by Swim England as an interpretation is that any wet suit would be approved provided it meets the minimum coverage requirements stated above. In addition the outer surface should not include shapes such as ridges and fins.

Guidance Note

The water temperature will be measured before each briefing commences and will be announced at the start of the briefing.

Since the Championships started the water temperature has not been low enough for wet suits to be worn.

Please note that the Region will **not** be arranging to have wet suits available to rent on the day.

24. Grease: Swimmers shall be allowed to use grease or other substances including sunscreen providing it:
 - Has not been applied before the **organisers** have marked-up the swimmer with their competitor's number.
 - Is not deemed as excessive, in the opinion of **the Chief Referee**.
25. Open Water coach passes are required for ALL coaches requiring access to the deck. Passes to be applied for on a separate form by the stated closing date. NO passes will be issued on the day and are **NOT** transferrable. Swimmers under the age of 18 **must** have a coach on the deck.
26. The closing date for entries is Saturday 14th June 2019
27. Region Open Water Age Groups use age at 31 DECEMBER 2019 for all entries.
28. If an event has to be abandoned for the safety of competitors and/or officials swimmers who are still in the water at the point the decision to abandon is announced will be deemed to have not finished even if their safest means of exit from the water is via the finish.
29. Where an event is abandoned results will only be announced and medals presented where all competitors in an age group had the opportunity to complete their swim or, if in the view of the organisers, those not able to complete their swim would not have influenced the outcome.
30. Access to the decked area is restricted to Coaches with passes, Event staff, Guests, Officials and Swimmers. In the case of Swimmers access is from 20 minutes before their race briefing is due to start until they have changed after completing their swim. Swimmers will also be allowed onto the deck to collect county awards but must leave as soon as they have done so. Parents are not permitted on the decked area.
31. The entry forms and entry procedure documents form part of these conditions.