

## OPEN WATER SWIMMING

(Under ASA / Swim England Laws and FINA Technical Rules)

### General Conditions

G1. The Swim England South West Region Open Water (SESWR) Championships will be held at Preston Beach Weymouth on 6<sup>th</sup> July 2019. Entries are open to registered members of clubs affiliated to the ASA, Swim Scotland and Swim Wales or registered members of clubs from countries affiliated to FINA. Non-registered swimmers may apply for Swim England registration for the day.

G2. A swimmer shall have joined the club in whose name he/she is entered at least 60 days prior to the date of the competition.

#### G3. Entries

3.1 All competitors must read and sign the declaration on the entry form.

If completing an online entry, they must indicate that they have read the declaration

If completing a manual entry, the entry form must be signed and dated,

3.2 Entries must be received by the organiser on or before the closing date on the entry form. The Entry form will be found on the Swim England SWR website and is to be completed electronically on screen. An email address will need to be provided. Alternatively, you can request a manual form by emailing the South West regional Office, [stacey.millett@swimming.org](mailto:stacey.millett@swimming.org) the form can be printed and posted when completed.

3.3 Entry fees are to be made by BACS transfer. If paying by cheque it must be posted to the Swim England South West Regional office at Castle Rd, Chelston Business Park, Wellington, TA21 9JQ. The method and date of payment must be indicated on the Entry form. If using a manual Entry form payment must be paid in the same way indicated on the Entry Information. All payments must be supported with a reference to identify your payment, prefix your last name with 'OW', e.g. OWPodbury.

3.4 All payments must be made on the day you submit your entry or within 7 days. Where payment has not been received within 7 days, entries will be deleted.

G4. Competitors must have their competition number written on shoulders, upper arms and backs of hands. When wetsuits are worn competitors must have their competition number written on the back of hands. In addition, they will be given a numbered hat and wristband; both shall be worn throughout the race and the wrist band shall be handed in when leaving the water. Competition numbers may be applied by writing, stencil or transfer.

G5. No competitors shall be permitted to use or wear any device which may be an aid to their speed, endurance or buoyancy. Goggles, caps (maximum 2), nose clip and earplugs may be used. Where 2 caps are worn, the numbered hat provided by the organisers must be worn on the outside so that the competition number is clearly visible.

G6. Costumes must comply with FINA Swimwear rules for Open Water. Information on the latest FINA Open Water Rules relating to costumes is on the last page below, identified as **Appendix A**.

G7. Swimmers are allowed to use grease or other such substances providing these are not, in the opinion of the referee, excessive.

#### G8. Swimwear & Water Temperatures

8.1 Water Temperature 20 degrees C or above: - Swimming costumes must comply with FINA Open Water Rules.

8.2 Water Temperature 18 - 20 degrees C - Competitors may choose to wear a Wetsuit, or a Swimming Costume. Both must comply with FINA Open Water Rules.

8.3 Water Temperature 16 - 18 degrees C - Competitors should wear a FINA approved Wetsuit ( see appendix A)

G9. Only official safety boats will be allowed on the course, competitors are not allowed to have a coach or supporter in their own canoe or boat.

G10. Awards.

10.1. SESW Championships: Awards will be made to the first three SESW competitors in each SESW age band, male and female.

10.2 Open awards will only be made to the first three competitors in each age band, male and female from outside of the SESW Region. Subject to rule 10.3.

10.3. In the event of less than four entries in a class awards will be made on the basis of number of entries less one. An award for first place will be given provided at least one swimmer in a class finishes within the time limit.

G11. Trophies.

11.1 The 5km junior trophies will be awarded to the first Swim England SWR swimmer, male and female in the age band 14-16.

11.2 The 5km senior trophies will be awarded to the first Swim England SWR swimmer, male and female in the age band 17 and over.

11.3 The Malcolm Squirrell Memorial cups will be awarded to the first SWR swimmer, male and female in the 3km event.

G12. If, due to inclement weather, the competitions have to be cancelled the organisers will make every effort to re-run the event on another date. If this is not possible, a part of the entry fee may be refunded after all expenses have been paid.

G13. Protests shall be made and dealt with as detailed in ASA / Swim England Law.

G14. Any matters not provided in these conditions shall be decided by the SESW Management Board.

G15. All ages are taken as age on 31<sup>st</sup> December in the year of competition.

G16. All competitors must attend their pre-race briefing. A swimmer who has not attended the safety briefing for each event they have entered will not be permitted to swim

G17. All events are freestyle.

### **Open and SE SW Open Water Championship Conditions**

C1. The Open and Swim England SWR Open Water Championships will have three events; 2km, 3km and 5km.

C2. Events will be swum in the following age bands:

12 years (2km event only)	17 to 18 years
13 years (2km event only)	19 to 29 years
14 years	30 to 39 years
15 years	40 to 49 years
16 years	50+ years

C3. The 12-year-old and 13-year-old band only applies to the 2km event for all other events the minimum age is 14.

C4. Time limits will be applied as follows:

2km must finish within 30 minutes after the first finisher.

3km must finish within 30 minutes after the first finisher.

5km must finish within 30 minutes after the first finisher.

Should the start be split into male and female for any event, the time limit will apply to the first finisher in gender.

### **1km Taster Event Conditions**

T1. Competitors must be between 11 and 14 years of age as of 31st December in the year of competition.

T2. There will be a time limit of 30 minutes after the start.

T3. Wetsuits are compulsory for all competitors when the water temperature is below 20 degrees C, and not permitted if water temperature is 20 degrees C or above.

T4 All competitors who complete this event will receive a certificate. In addition, awards will be made to the first three competitors in each SESW age band, male and female.

### **SWIM ENGLAND NATIONAL SUMMER OPEN WATER CHAMPIONSHIPS QUALIFIER CONDITIONS**

N1. The 2019 Swim England National Open Water Championship events will be held at Rother Valley Country Park on Monday 5<sup>th</sup> August 2019. Entries will be accepted from the 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> swimmers, boys and girls, in each of the following ages and distances from the regional open water competition.

12 years	2km
13 years	2km
14 years	3km
15 years	3km
16 years	5km
17/18 years	5km
19+	5km

National Open Water Championships conditions can be found on the Swim England website.

N2. All ages on 31 December in the year of competition.

N3. Wetsuits are compulsory for all competitors when the water temperature is below 18 degrees C, optional when water temperature is below 20 degrees C and not permitted if water temperature is 20 degrees C or above.

N4. The Open Water secretary will forward the names of all qualifiers to Swim England Open Water events who will invite each individual to submit their entry for the Nationals.

---

## APPENDIX A

### 1. Water Temperature & Swimwear

- (a) Water Temperature 20 degrees or above: - Swimming costumes must comply with FINA Open Water Rules below.

*BL 8.2 In pool and open water swimming competitions the competitor must wear only one swimsuit in one or two pieces. No additional items, like arm bands or leg bands shall be regarded as parts of a swimsuit. All swimsuits (including wetsuits for open water competitions) shall comply with the requirements set forth in these By-Laws and the FRSA.*

*BL 8.3 For pool swimming competitions swimsuits for men shall not extend above the navel nor below the knee, and for women, shall not cover the neck, nor extend past the shoulder, nor below knee. The swimsuits shall be made from textile materials.*

*BL 8.4 For open water swimming competitions with water temperature from 20 C swimsuits for both men and women shall not cover the neck, nor extend past the shoulder, nor extend below the ankle. Subject to these specific shape specifications, swimsuits for open water swimming competitions shall further comply with all other requirements applicable to swimsuits for pool swimming competition*

- (b) Water Temperature 18-20 degrees C: - Competitors may choose to wear a Wetsuit, or a Swimming Costume. Both must comply with FINA Open Water Rules.

- (c) Water Temperature 16-18 degrees C: - Competitors must wear a FINA approved Wetsuit.

*BL 8.5 From January 1, 2017, for open water swimming competitions in water with temperature below 20 C, men and women may use either swimsuits (BL 8.4) or wetsuits. When the water temperature is below 18 C, the use of wetsuits is compulsory.*

*For the purpose of these rules, wetsuits are swimsuits made of material providing thermal insulation. Wetsuits for both men and women shall completely cover torso, back, shoulders and knees. They shall not extend beyond the neck, wrists and ankles.*

- (d) A competitor shall wear a costume underneath a wetsuit which should comply with FINA Open Water Rules
- (e) Rash vests may not be worn under wetsuits
- (f) Wetsuits shall cover the shoulder and arm at least to the elbow and may be to the wrist and must be at least to the knee.
- (g) All competitors shall have trimmed fingernails and toenails and are not permitted to wear any jewelry, including watches.

*As in all Open Water events held in the home counties of England Scotland and Wales the Chief Referee will have responsibility for the overall management of the rules.”*