



**2019 BLUE MARLIN DOCTOR'S CAVE BEACH MILE
– Sanction # 21909**

- VENUE:** Doctor's Cave Beach, Montego Bay, Jamaica
Manual timing will be used
- DISTANCES:** 400 Metres, 800 Metres & 1 Mile
The 400 M swim is Restricted to swimmers 10 years and Under
The 800 metre & 1 Mile Swim race is open to all swimmers
- RACE COURSE:** 400 Metre rectangular course swimming in a clockwise direction.
- DATES & TIMES:** Sunday July 7 2019 8:30 AM
Marshalling begins at 8:15 AM
- ELIGIBILITY:** Recreational to Elite Swimmers
Age Group Swimming - Ages shall be as of midnight July 6th 2019
Masters Swimming - Ages shall be as of midnight July 6th 2019
- ACCOMMODATION:** Special Accommodation Rates have been arranged for participants Details will follow.
- FEES:** J\$1,000 or US\$10 For entries submitted by 4:00 PM Wednesday July 3rd 2019
J\$1,500 or US\$15 For entries submitted after 4:00 PM Wednesday July 3rd 2019
- RULES:** FINA rules appropriate for open water events in force at time of competition will apply.
Additional Rules and Regulations see below.
- ENTRY DEADLINE & REGISTRATION:** 4:00 PM on Wednesday July 3rd 2019. Completed Registration forms are to be delivered as follows:
- The ASAJ office at the National Aquatic Centre aquaticsja@gmail.com
 - Rosie Logan Blue Marlin Swim Club theswimplace@yahoo.com
 - Allan Marsh amarsh164@hotmail.com
- For further details please contact Rosie Logan 876 483 7448 / 876 770 5272; Allan Marsh 876 579 6171; Carol Cuffley 876 920 6229 or 876 839 2734.
- On site Registration @ Doctor's Cave Beach 7:00 AM – 8 :00 AM on Sunday July 7th**

Entry fees are payable at the time of submission of entries

1. RULES AND REGULATIONS

- 1.1. Roll call and briefing of entrants will be taken at 8:15 am
- 1.2. Swimmers will be assembled at the starting line at 8:25 am
- 1.3. The race will begin at 8:30 am
- 1.4. The course will be clearly demarcated by ropes and buoys
- 1.5. The events will be contested over 400 Metres; 800 metres & 1 Mile
- 1.6. Competition will take place in 5 Age Groups 10 & Under; 11 - 15; 16 – 24 and Masters 25 – 35, 36 & Over.
- 1.7. The 400 Metre Swim is restricted to swimmers 10 years & Under.
- 1.8. The 800 Metre and 1 Mile races are open to all swimmers.
- 1.9. All events will end at designated finish line at Doctors Cave Beach at end of the course.
- 1.10. All swimmers will be subject to a medical check prior to the start of the race.
- 1.11. All swimmers must attend pre-race briefing on the beach prior to the start of the race.
- 1.12. All swimmers must go through the head count prior to the start of the race.
- 1.13. The referee shall signal to swimmers, by raised flag and short blasts on the whistle, that the start is imminent and, when satisfied, indicate by pointing the flag at the starter that the competition may commence.
- 1.14. The starter shall be stationed in such a position as to be clearly visible to all competitors and on signal of the referee, the starter will raise a distinctive flag into the vertical position and simultaneously bring the flag down and activate an audible signal.
- 1.15. At the start, swimmers will start from the Water.
- 1.16. Obstructing, interfering with or making intentional contact with another swimmer shall, in the opinion of the referee be deemed to be “**unsporting impedance**,” lead to disqualification.
- 1.17. Rescue boats shall be strategically located along the course to assist swimmers who are believed to be in difficulty or who signal for assistance. All rescue boats will have Trained Lifeguards.
- 1.18. Swimmers shall not receive support from any fixed or floating object and shall not touch or be touched by any safety craft or crew therein
- 1.19. Swimmers shall not be disqualified for standing during of the race, **but walking/running is not allowed.**
- 1.20. All swimmers shall have their competition number clearly displayed on their arms and back.
- 1.21. No swimmer shall be permitted to use or wear any device that may be an unfair aid to their speed , endurance or buoyancy. Goggles, nose clips and ear plugs may be used. No snorkels or fins are allowed.
- 1.22. Swimmers shall be allowed to use grease or other such substances as long as these are not, in the opinion of the referee, excessive.
- 1.23. The pacing of a swimmer by a non-competitor entering the water is not permitted and shall result in disqualification of the swimmer
- 1.24. In case of difficulty in the water the swimmer should extend hands in an upward position, signaling that help is required
- 1.25. The referee shall have full control and authority over all officials and shall adjudicate on all protests related to the conduct of the race, including final placing, if necessary. The referee’s decisions shall be final.
- 1.26. Completion of Registration form, Payment of entry fee and participation in the race shall be deemed to signify agreement with and acceptance of these rules.

2. AWARDS

- 2.1 Prizes will be awarded to the top finishers in each age group

All swimmers completing their respective races will receive an official certificate of achievement and a competition swim cap.



**REGISTRATION FORM
BLUE MARLIN DOCTOR'S CAVE BEACH MILE
DISTANCES 400 M, 800 M & 1 MILE
DOCTOR'S CAVE BEACH MONTEGO BAY ST. JAMES
8:30 AM SUNDAY JULY 7 2019
PARTICIPATION FEE:**

**J\$1,000 or USD10 FOR ENTRIES SUBMITTED BY 4:00PM JULY 3rd 2019
J\$1,500 or USD15 FOR ENTRIES SUBMITTED AFTER 4:00 PM JULY 3rd 2019
ON SITE REGISTRATION 7:00 AM – 8:00 AM JULY 7 2019**

Completed Registration forms with registration fee are to be delivered to the ASAJ office at the National Aquatic Centre Attention : Carol Cuffley Tel: 876 920 6229 email aquaticsja@gmail.com or Rosie Logan Tel: 876 483 7448 email theswimplace@yahoo.com

Surname-----First Name-----

Please Tick the Distance you wish to swim 400 Metre [] 800 Metre [] 1 Mile []

Date of Birth-----/dd-----mm/-----yy----- Sex-----Male-----Female

Address-----

Country-----

Email address-----

Tel:.....Cell:.....

Disclaimer:

In consideration of the acceptance of my entry, I/we for my/our Heirs, Executors and Administrators, release and forever discharge all sponsors and Organizers Blue Marlin Swim Club , the Parish, Country or district where these events are held and all Sponsors, Producers, their Agents, Representatives, Successors and assigns, of all liabilities, claims, actions, damages, costs and expenses which I/we may have against them arising out of or in any way connected with my/our participation in these events. I/we understand that this waiver includes any claims based on negligence, action or inaction, of any of the above parties. I/we recognize the difficulty of these events, and attest that I/we am/are sufficiently physically fit to compete safely in these or other events, and that I/we have not been advised otherwise by a qualified medical person. I/we give consent to receive medical treatment during these events and assume the risks of competing. I/we understand that I/we may be photographed, taped or filmed during these events, and I/we allow my/our photo(s), video or film likeness and or/my voice to be used for any legitimate purpose by the producers or sponsors.

Signature-----Date-----

In the event that the participant is younger than the age of consent, the form must be signed by the authorized guardian.