

JIF Swim for the Sanctuary Open Water Swim Summons 2022

Sanction number: 22217

VENUE: Shaw Park Beach, Ocho Rios St. Ann

Electronic timing and back up manual timing will be used.

- Live results will be posted at my.raceresult.com

DISTANCES: 500m, 1 Km, 2 Km, 3Km, 5Km and 4 X 100m Relay

Saturday, 5th November 2022

SWIM COURSE: 0.5 Km rectangular course swimming in a clockwise direction.

START TIME: Saturday, 5th November, 2022 7:30 AM

MARSHALLING: begins at 7:00 AM

ELIGIBILITY: Recreational to Elite Swimmers

- 2Km swim will be open to 11 years and over
- 1Km swim will be open to 11 and over
- 500m will be open to 9 and over
- Open to all age groups 4x100m relay

Sunday, 6th November 2022

SWIM COURSE: 1.0 Km rectangular course swimming in a clockwise direction.

START TIME: Saturday, 6th November, 2022 7:30 AM

MARSHALLING: begins at 7:00 AM

ELIGIBILITY: Recreational to Elite Swimmers

- 3Km swim will be open to 11 years and over
- 5Km swim will be open to 13 years and over

Age Groups will be determined as your age on the 5th November 2022

Day One-

- (Students US\$10.00/\$1500 and Adults US\$20.00/\$2500)
- J\$2,000 or US15.00 for each Relay Team entry (Fee for the Total Team)

Day Two –

- US\$20.00/ J\$3000 local)
- International Participants US\$75.00

Teams with multiple entries all swimmers will be require to complete a separate entry

All entries will be accepted online at my.raceresult.com up to 3rd November 2022

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: Midnight 3rd November 2022

- Waivers forms should be printed and submitted at the event.

For Registration Information please contact Alan Beckford at 876-812-8338 or email abeckford@beckasports.

Entry fees are payable by credit card or bank transfer but must be paid before the event.

1. RULES AND REGULATIONS

1.1. Roll call and briefing of entrants will be taken at 7:00 am

1.2. Swimmers will be assembled at the starting line at 7:25 am

1.3. The race will begin at 7:30 am

1.4. The course will be clearly demarcated by buoys

1.5. The events will be contested over 4x100m relay, 500m,1Km, 2Km, 3Km and 5 km

1.6 Competition will take place in Age Groups - 9- 10; 11-12,13-14, 15-19,20-29,30-39,40-49,50-59, 60 and over

- 1.7
- 5Km swim will be open to 13 and over
 - 3Km swim will be open to 13 years and over
 - 2Km swim will be open to 11 years and over
 - 1Km swim will be open to 11 years and over
 - 500m will be open to 8 and over
 - Open to all age groups 4x100m relay

1.9 All events will finish at the designated finish line on the 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 online on the day before the event.

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, if 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 With the exception of (1.17) above, 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 swim caps, arms and back.

1.21 No swimmers 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 Payment of entry fee and participation in the race shall be deemed to signify agreement with and acceptance of these rules.

2. RELAYS

2.1 Relays will be open events and can be mixed gender.

2.2 The Relay Team will comprise 4 swimmers with swimmers transitioning by crossing a line at which time the next leg will proceed to the swim

2.3 The total distance for the relay swim will be 400m with each swimmer doing 100 metres.

3. AWARDS

3.1 Awards will be 1st to 3rd in each race male and female respectively for individual events for each age group. All swimmers completing their respective races will receive an official certificate of participation.