



**2018 007 OPEN WATER SWIM FESTIVAL
Sanction # 21823**

- VENUE:** James Bond Beach, Oracabessa, Jamaica
Manual timing will be used
- DISTANCES:** 1 Km; 2 Km; 5Km and 4 X 250 m Relay
The 1 & 2 Km Swim races is open to swimmers 7 years old & over.
The 5 Km Swim race is open to swimmers 11 years old & over
4 x 250 m Relay is open to any Age Group
- RACE COURSE:** 1 Km rectangular course swimming in a clockwise direction.
- DATES & TIMES:** Sunday September 30th 2018 9:00 AM
Marshalling begins at 8:30 AM
- ELIGIBILITY:** Recreational to Elite Swimmers
- Age Group Swimming** - Ages shall be as of midnight September 29th 2018
Masters Swimming - Ages shall be as of midnight September 29th 2018
- ENTRY FEES:** J\$1,000 or US\$10 For entries submitted by 4:00 PM September 24th 2018
J\$1,500 or US\$15 For entries submitted after 4:00 PM September 24th 2018
J\$1,500 or US\$15 For Each Relay Team entry by 4:00 PM September 24th 2018
J\$2,000 or US\$20 For Each Relay Team entry after 4:00 PM September 24th 2018
- 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 Monday September 24th. Completed Registration forms are to be delivered to the ASAJ office at the National Aquatic Centre. Or emailed to amarsh164@hotmail.com; or aquaticsja@gmail.com. For further details please contact Allan Marsh (876)579-6171; Nigel Bair (876)773-7922 or Carol Cuffley (876)839-2734

On site Registration @ James Bond Beach Closes at 8:00 AM on Sunday September 30th

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 8:40 am
- 1.2. Swimmers will be assembled at the starting line at 8:55 am
- 1.3. The race will begin at 9:00 am
- 1.4. The course will be clearly demarcated by ropes and buoys
- 1.5. The events will be contested over 1Km; 2 km & 5 Km
- 1.6. Competition will take place in 5 Age Groups 7 - 10; 11 - 15; 16 – 24 and Masters 25 – 35 and 36 & Over.
- 1.7. The 1 & 2 Km Swim races are open to swimmers 7 years old & over.
- 1.8. The 5 Km Swim race is open to swimmers 11 years old & over.
- 1.9. All events will end at designated finish line at James Bond 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, 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 tagging their team member at a designated point.
- 2.3 The total distance for the relay swim will be 1 Km with each swimmer doing 250 metres.

3. AWARDS AND POINTS

- 3.1 Points will be awarded to Clubs/Teams as follows 9,7,6,5,4,3,2 and 1 for places 1st to 8th respectively for individual events for each Age Group.
- 3.2 Prizes will be awarded to the top finishers in each age group
- 3.3 The top 3 finishers in the 4 x 250 metre Relays will receive awards
- 3.4 There will be team awards for First, Second and Third Place Club/Teams combined male and female.

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



REGISTRATION FORM
007 LIFESPAN OPEN WATER SWIM FESTIVAL
DISTANCES 1K M, 2 KM, 5KM SWIM & 4 X 250 METRE RELAY
JAMES BOND BEACH, ORACABESSA
9:00 AM SUNDAY SEPTEMBER 30TH 2018
PARTICIPATION FEE:

J\$1,000 or USD10 FOR ENTRIES SUBMITTED BY 4:00PM SEPTEMBER 24TH 2018
J\$1,500 or USD15 FOR ENTRIES SUBMITTED AFTER 4:00 PM SEPTEMBER 24TH 2018
J\$1,500 or USD15 FOR EACH RELAY TEAM

ON SITE REGISTRATION CLOSES @ 8:00 AM SEPTEMBER 30TH 2018

Completed Registration forms with registration fee are to be delivered to the ASAJ office at the National Aquatic Centre or emailed to aquaticsja@gmail.com
Attention: Carol Cuffley

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

Please Tick the Distance you wish to swim 1KM [] 2 KM [] 5 KM [] TEAM RELAY []

Date of Birth: dd ____ mm/ ____ yyyy _____ 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 Lifespan Spring Water, Amateur Swimming Association of Jamaica , 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.