

ASA LONDON REGION 2016 OPEN WATER SWIMMING COMPETITION

GENERAL CONDITIONS

1. This event is open to all bona fide registered members of clubs affiliated to the ASA, SASA, WASA and registered members of clubs from Countries that are affiliated to FINA.
2. Ages for entry will be as at **31st December 2016**.
3. The Competition will be swum as a single competition.
4. All swimmers under the age of 18 must be under the supervision of a Club Coach. All clubs with 4 or more swimmers **MUST** send a qualified coach/teacher. In the event a club enter less than 3 Swimmers into the competition and that club does not supply a coach, the Region will supply a team manager to supervise those swimmers (a charge of £10 per swimmer will be made for this service to cover costs incurred in providing the service). A declaration of medical conditions **MUST** be provided for any swimmers' taking advantage of this service.
5. **ALL ENTRANTS MUST SUBMIT A SIGNED ENTRY AND PERSONAL DECLARATION FORM TOGETHER WITH THE CORRECT ENTRY FEE (SUBMITTED ELECTRONICALLY VIA THE CLUB)**
6. A coach pass application form will be required to be completed for EACH club who has entered swimmers who are under the age of 18 as at 31st December 2016. Failure to complete a coach pass application form will result in all entries for that club being rejected (unless clause 4 applies).
7. All swimmers must attend the briefing for the event in which they intend to swim and answer to the roll call.
8. A swimmer can enter any distance provided they meet the minimum age requirements. In order to qualify to swim at the ASA Nationals as the Regional event winners (1st 3 in each age group and sex) swimmers must swim in the distance event for their age group and comply with the costume rules (see 15 below). Swimmers can enter more than one event.

9. ENTRIES

9.1 The London Region reserves the right to limit entries to all events. In the event of over-subscription places will be allocated as follows

- Competitors entering National qualifying event for their age group
- Date form received and payment of correct entry fee made

9.2 The entry form and personal declaration acceptance form must be signed by all competitors and in the case of those under 18 it must also be signed by a parent and Club Secretary

9.3 Entries will only be accepted when received by the organiser on or before the closing date and payment has been made to Region's bank account. Applications **MUST** be made through a club (unless not attached to a club in which case the application must be accompanied by a temporary CAT 2 membership form). Only **ONE** entry per club will be accepted which **MUST** incorporate all entry forms, payment form, and coaches pass application form.

9.4 Any late, incomplete or incorrect entries received will be processed solely at the discretion of the Promoter and may result in the entry fee being forfeited

10. All events are swum as freestyle events

11. A time limit will be applied to all events. The cut off times will be :

1k	40 minutes
1.5K	50 minutes
3K	1hour 30 minutes
5K	2hours 15 minutes

12. The minimum ages (as at 31st December) to swim each event are

1k	11 years
1.5K	12 years
3K	13 years
5K	13 years

13. All competitors **MUST** wear the numbered swim hat provided by the Region.

14. All competitors **MUST** wear the numbered band provided on their wrist or ankle throughout the race. This must be handed to the Clerk of the Course on completion of the race or on exiting the water.

15. All competitors must wear costumes in accordance with the current FINA Open Water regulations. No flippers may be worn nor any device used which may aid

speed endurance or buoyancy. Goggles, ear plugs and nose clips may be worn. Wet suits can only be worn by those entering the event as a declared wet suit entrant (see separate conditions).

16. Swimmers may use grease providing, if in the opinion of the referee, the use is not excessive. Competitors must have their numbers marked on their shoulders and hands by the Clerks of the Course before any grease is applied.
17. If due to inclement weather or for safety reasons the event has to be cancelled the organisers will make every effort to run the events on another date. Should this not be possible, then once all expenses have been paid, a percentage of the entry fee may be refundable.
18. The Promoter of the event shall be the London Region Open Water Committee.
19. Any protests shall be made and dealt with as detailed in ASA law
20. Any matters not provided for in these conditions shall be decided by the London Region Open Water Committee.
21. All competitors must be ASA category 2 registered swimmers. If not then the application form must be accompanied by an ASA Cat 2 temporary membership form.
22. All competitors must be a member of the club in whose name they are entering at the date of initial entry. Swimmers may only enter in the name of one club.
23. The order in which events in the Competition will be swum will be announced following the closure of entries and will form part of the final pack which will be issued about a week after the closing date
24. MEDALS

Medals will be awarded to the first three swimmers male and female in each of the age groups shown below. In the event there are less than 5 entrants in the age group who complete the course then medals will be awarded to 2 swimmers less than the number in the age group. In the event of less than 3 swimmers in the age group then the gold medal will be awarded provided the course is completed within the cut-off time.

Event

Distance		Medal Age Groups									
1 Km	11	12	13	14	15	16	17-18	19+			
1.5 Km		12	13	14	15	16	17-18	19-24	25-29	30-39	40+
3 Km			13	14	15	16	17-18	19-24	25-29	30-39	40+
5 Km			13	14	15	16	17-18	19-24	25-29	30-39	40+

SPECIFIC ASA NATIONAL QUALIFYING CONDITIONS

1. All competitors must be a registered member of a club affiliated to ASA London Region.
2. The FIRST THREE SWIMMERS of each age group (Male and Female) as shown below, provided they have swum the qualifying event distance for that age and complied with all relevant ASA laws, will be eligible to enter the ASA Open Water Nationals.

Age	Distance
12	1.5 Km
13	1.5 Km
14	1.5 Km
15	3 Km
16	3 Km
17-18	5 Km
19+	5 Km

SPECIFIC QUALIFYING CONDITIONS FOR WETSUIT EVENT ENTRANTS

1. Entrants will be able to enter to swim any distance and can swim more than one distance (entry fee payable for each distance). However priority will be given to ASA event qualifiers.
2. Entrants to this event will not be eligible to qualify to swim at ASA Nationals
3. As this is an event run under ASA rules, all entrants will need to comply with the ASA membership rules of competition (see clause 21 of General Conditions)
4. Wetsuits will need to be provided by entrants (there will be no hire facility available on the day)
5. Swimmers entering the wet suit category will not be eligible to receive medals (Regional or County).
6. All General Event conditions are applicable to this event except Condition 15 in respect of costumes. Named coaches, if they are not members of the ASA, will need to provide evidence of a valid DBS certificate plus membership of their coaching association to the organisers.