

ASA LONDON REGION

GENERAL CONDITIONS

1. This event is open to all bona fide registered members of clubs affiliated to the Swim England, SASA, WASA and registered members of clubs from Countries that are affiliated to FINA.
2. Ages for entry will be as at **31st December 2019**.
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 **MUST** send a suitable coach, who must hold an up to date DBS clearance registered with Swim England.
5. **Details for all entrants must be submitted on the relevant entry form. ONLY ONE APPLICATION PER CLUB WILL BE ACCEPTED.** The personal declaration must be signed by all entrants and brought to the event by the coach attending on the day. **INDIVIDUAL ENTRIES FROM CLUB MEMBERS WILL BE REJECTED AND RETURNED. No cheques will be accepted for entries. ALL PAYMENTS TO BE MADE ELECTRONICALLY TO THE NOMINATED ACCOUNT.**
6. The coach pass section of the application form must be completed for all coaches attending including those with Regional passes which include open water. Failure to complete this section will result in all entries for that club being rejected.
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 Swim England Nationals as the Regional event winners (the first three finishers in each of the named age groups and gender), swimmers must swim in the qualifying event for their age group and comply with the costume rules (see 15 below). Swimmers can enter more than one event.

9. ENTRIES

9.1.1 Within each race there will be an allocation of places to Regional Age Group entrants and non-Regional Age Group entrants.

9.1.2 The Open Water Committee reserves the right to limit entries to all events. In the event of over-subscription the Open Water Committee will allocate spaces based on date received as defined in 9.3. Surplus spaces can be re-allocated as needed and will be at the discretion of the Open Water Committee.

9.2 By submitting the application form all entrants agree to the entry conditions and all elements of the declaration.

9.3 Entries will only be accepted when a correctly completed application form has been received by the organiser and payment has been made to the Region's bank account. Applications from Swim England members **MUST** be made through a club. Only **ONE** entry per club will be accepted. **INDIVIDUAL APPLICATIONS RECEIVED FROM CLUB MEMBERS WILL BE REJECTED.** Entries will be confirmed when the conditions in this clause have been met.

9.4 In the event of over-subscription the date the entry complied with the 9.3 conditions will determine the order in which entries are accepted and the entry will be filled on a first come first served basis.

9.5 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:

2K	1 hour
3K	1 hour 15 minutes
5K	1 hour 45 minutes

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

2K	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. Water Temperature & Swimwear
 - (a) Water Temperature 20 degrees or above:- Only Swimming costumes may be worn and they must comply with FINA Open Water Rules.
 - (b) Water Temperature 18-19.9 degrees:- Competitors may choose to wear either a Wetsuit or a Swimming Costume. Costumes must comply with FINA Open Water Rules and wetsuits as detailed in guidance notes.
 - (c) Water Temperature 16-17.9 degrees:- Competitors must wear a Wetsuit (see guidance notes at end of conditions regarding wetsuits)
16. Swim Gear: No competitor shall be permitted to use or wear any device, which may be an aid to their speed, endurance or buoyancy. Goggles, cap, nose clip and earplugs may be used. Only one costume is allowed.
17. 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 arms by the Clerks of the Course before any grease is applied.
18. If due to inclement weather or for safety reasons the event has to be cancelled the organisers will make every effort to run the event on another date. Should this not be possible, then once all expenses have been paid, a percentage of the entry fee may be refundable.
19. The Promoter of the event shall be the London Region Open Water Committee.
20. Any protests shall be made and dealt with as detailed in Swim England law
21. Any matters not provided for in these conditions shall be decided by the London Region Open Water Committee.
22. All competitors must be Swim England Category 2 registered swimmers. If not then the entry form must be accompanied by a Swim England Cat 2 temporary membership form.
23. 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.
24. The order in which events in the Competition will be swum will be published following the closure of entries and will form part of the final pack which will be issued about 10 days after the closing date

25. MEDALS

Regional medals will be awarded to the age categories shown below and will be based on event entry numbers. Gold, Silver and Bronze medals are available to be awarded in each category. In the event there are less than 5 entrants in the age group then medals will be awarded to 2 swimmers less than the number entered in the age group. In the event of less than 3 swimmers entered in the age group then only the gold medal will be awarded. In order to receive a medal, competitors must complete the course within the cut-off time and not be disqualified.

Event

Distance	Medal Age Groups									
	12	13	14-16	17-18	19-24	25-29	30-39	40+		
2Km										
3 Km		14	15	16-18	19-24	25-29	30-39	40+		
5 Km				16	17-18	19-24	25-29	30-39	40-49	50-59
									60-65	65+

Guidance from British Swimming on the use of Wetsuits

The following guidance has been issued by the British Swimming Officials Group relative to the suitability of Wetsuits in Open Water Competition:

“This rule change has been brought about to increase safety for competitors in water between 16° - 18° (compulsory) and 18° - 20° (optional). In accordance with other swimsuit rules British Swimming will conform to the intention of the rule. We do not provide interpretation of FINA rules – only FINA as the governing body can interpret their own rules.

However, to provide guidance, the discussion to date has been around what would constitute coverage of the shoulder. An informed view is that to ensure complete coverage of the shoulder the wetsuit must include a sleeve, as a minimum polo or ‘T’ shirt length covering the full shoulder and upper arm in order to maintain shoulder cover during swimming, full arm to wrist has been suggested although elbows do not feature in the rule, whereas coverage of knees as a mid-limb joint in respect of leg length of a wetsuit is.

Wetsuits worn at regional competitions are not expected to be FINA approved but must not provide any additional support to the swimmer e.g. fins

It is expected that officials will apply common sense when dealing with references to neck, wrists and ankles. 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.”

SPECIFIC SWIM ENGLAND 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/Swim England laws, will be eligible to enter the Swim England Open Water Nationals.

Age	Distance
12	2 Km
13	2 Km
14	3 Km
15	3 Km
16	5 Km
17-18	5 Km
19+	5 Km