

Swim England East Region

2022 Regional Open Water Championships

GENERAL CONDITIONS

1. This event is open to all bona fide registered Club Compete (or through a temporary membership) members of clubs affiliated to Swim England, or the equivalent for Swim Scotland, Swim Wales and registered members of clubs from Countries that are affiliated to FINA.
2. Ages for entry will be as at **31st December 2022**.
3. The Championships will be swum as a single competition but will comprise of four components
 - a. The Swim England East Region qualifying event for Swim England Open Water Nationals (see below for specific conditions)
 - b. The Swim England London Region qualifying event for Swim England Open Water Nationals (see below for specific conditions)
 - c. Serve as the independent County Championships for counties forming both East and London regions
 - d. An open competition for all other competitors
4. All swimmers under the age of 18 must be under the supervision of a qualified Coach. All clubs MUST send a suitable coach, who must hold an up to date DBS clearance registered with Swim England, have attended a recognised safeguarding course, and have a recognised coaching certificate. Coaches must have ordered a Coach Pass via the on-line coach pass system to attend the event.
5. **Details for all entrants must be submitted via the on-line entry form. ONLY ONE APPLICATION PER COMPETITOR WILL BE ACCEPTED. The personal declaration confirmed during the on-line entry process will be taken as indication that all event conditions have been read, understood and accepted in full by the named competitor.**
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 all FINA rules and these conditions. Swimmers can enter more than one event, subject to the events chosen being compatible with the combinations offered on the entry form.
9. Access to the decked area is restricted to Coaches with passes (**obtained by prior online application only, not available on the day**), Event staff, Guests, Officials and Swimmers. In the case of Swimmers access is from 20 minutes before their race briefing is due to start until they have changed after completing their swim. Swimmers will also be allowed onto the deck to collect county awards but must leave as soon as they have done so. Parents are not permitted on the decked area.

10. ENTRIES

10.1 The Organiser reserves the right to limit entries to all events. In the event of over-subscription, the Organiser will allocate spaces based on Region and date received (subject to 10.3 being satisfied). Priority for acceptance will be given to swimmers where their age group for an event is one where the winner qualifies for the National event.

10.2 By completing the on-line application form all entrants agree to the entry conditions and all elements of the declaration. No late entries will be accepted.

10.3 Entries will only be accepted when a correctly completed on-line application form has been received and electronic payment has been confirmed to the East Region's bank account.

The 1k race fee is £17

The 2k, 3k, 5k race fees are £26 per race

10.4 Refunds will only be issued where the competition is cancelled, or where there is a significant change to the schedule that results in a change of venue or session for the event entered, meaning that the competitor cannot swim. Refunds will not be made where there are withdrawals on medical grounds.

11. All events are swum as freestyle events

12. A time limit will be applied to all events from the start of each wave. The cut off times will be:

1K 25 minutes

2K 60 minutes

3K 1 hour 30 minutes

5K 2 hour 20 minutes

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

1K 11 years

2K 12 years (Nationals Qualifier Age Groups 12 & 13)

3K 13 years (Nationals Qualifier Age Groups 14 & 15)

5K 13 years (Nationals Qualifier Age Groups 16, 17/18 & 19 & over)

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

15. 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.

16. Chip-timing is being used at these Championships. For those events where a timing chip wrist band is issued this must be worn on the wrist throughout the entire race. This must be handed back to the Clerk of the Course on completion of the race or on exiting the water.

17. Water Temperature & Swimwear

17.1 Water Temperature 20 degrees centigrade or above: Only costumes complying with FINA rule BL8.4 can be worn. A BL8.4 compliant costume (for both men and women) shall not cover the neck, nor extend past the shoulder or extend below the ankle. In all other respects they must comply with pool regulations.

17.2 Water Temperature 18-19.9 degrees centigrade: A wet suit may be worn, as an alternative to the current swimwear (as laid out above for water temperatures above 20 degree centigrade).

17.3 Water Temperature below 18 degrees centigrade: A wet suit is compulsory

Wet suit definition

For the purposes of the FINA rule, a wet suit is defined as a swimsuit made of a material providing thermal insulation. A wetsuit shall completely cover torso, back, shoulders and knees. They shall not extend beyond the neck, wrists or ankles.

The guidance provided by Swim England as an interpretation is that any wet suit would be approved provided it meets the minimum coverage requirements stated above. In addition, the outer surface should not include shapes such as ridges and fins.

18. 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.

19. Swimmers may use grease providing, if in the opinion of the Chief 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 or oil type lotion is applied.

20. The Promoter of the event shall be the Swim England East Region Open Water Manager.

21. Any protests shall be made and dealt with as detailed in Swim England Regulations.

22. Any matters not provided for in these conditions shall be decided by the Swim England East Region Open Water Leadership Group.

23. All competitors must be Swim England Club Compete registered swimmers or equivalent. If not, then the online entry form must be accompanied by a corresponding Swim England Club Compete temporary membership application sent to owentries@eastswimming.org.

24. 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. The county under which a club is

registered determines where county results are awarded; regional results for swimmers from Essex clubs will be determined by their regional allegiance.

25. Photographs of the event may be used for publicity purposes, and may be put the web-site. These will comply with the Swim England Photography Policy found in Wavepower.

26. The order in which events in the Competition will be swum will be

- a. 3k
- b. 1K
- c. 2k
- d. 5k

[The timing for all races and briefings will only be circulated as part of the events' final instruction pack in June]

27. If due to inclement weather or for safety reasons an event has to be abandoned, then once all expenses have been paid, a percentage of the entry fee may be refundable to those unable to swim.

28. If an event has to be abandoned those swimmers who are still in the water at the point the decision is announced will be deemed to have not finished, even if their safest means of exit from the water is via the finish.

29. Where an event is abandoned results will only be announced and medals presented where all competitors in an age group had the opportunity to complete their swim or, if in the view of the organisers, those not able to complete their swim would not have influenced the outcome.

30. East Region Championships Age Groups and medal criteria:

1km Freestyle: 11-12 13-14 15-16 17+

2km Freestyle: 12 13 14 15-16 17-19 20-24 25-29 30-34 35-39 40-49 50-59 60+

3km Freestyle: 13 14 15 16 17-19 20-24 25-29 30-34 35-39 40-49 50-59 60+

5km Freestyle: 13-14 15 16 17/18 19 20-24 25-29 30-34 35-39 40-49 50-59 60+

31. The first 3 male and female swimmers in each age group will be awarded medals.

32. The first 3 male and female Para-Swimmers in the 1km and 2km events will be awarded medals.

33. Commemorative medals will be awarded to competitors from outside the East or London Region's placed first, second or third in individual events.

34. London Region Championships Age Groups and Medal criteria:

2Km	12		13	
3 Km	14		15	
5 Km	16	17-18	19-40	40 +

35. Medals will be awarded to the age categories shown above 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.

36. London Regional medals will be awarded to medallists in the Regional Qualifying Competition.

37. The Data Protection Act requires us to provide you with certain information and to obtain your consent before processing data about you. Processing includes: obtaining, recording, holding, disclosing, destruction or retaining information. We require certain personal data for the purposes of making entries to the competition, managing the event and the submission of results to counties, regions, and Swim England. The information provided by you will be processed in accordance with the Data Protection Act 2018. Consent to process such personal data is deemed to have been given by the submission of the entry. Where the personal data of competitors, officials and coaches/team managers has been passed to us by a third party such as a club rather than by the individuals themselves, we rely on the third party to ensure that consent has been obtained.