

**OPEN WATER SWIM RACE HOSTED BY THE RISING STARS SWIM TEAM AND
BEQUIA TRADITIONAL YOUTH SAILORS IN COLLABORATION WITH THE SVG
SWIMMING FEDERATION**

375 meters, 750 meters and 1.5 KM

Sunday, October 28th 2018

Swim the Bays - Princess Margaret, Gingerbread and Plantation to the Almond Tree, Bequia

Event No 1: 750 metres fun race (Plantation House Beach to Almond Tree Bay)

**+ No official times will be recorded for this event. It is just for fun to encourage
younger and older swimmers to participate.**

Categories

1. Girls 12 and under
2. Boys 12 and under
3. Girls 13 - 14
4. Boys 13- 14
5. Girls 15 and over
6. Boys 15 and over

Event No 2: 1.5 KM (Princess Margaret Beach to Almond Tree Bay)

Categories:

1. Females Open
2. Males Open

+ There will be official times taken for this group.

Event No 3: 375 metres (Gingerbread Beach to Almond Tree Bay)

Categories: 11 and under males

11 and under females

It is just for fun to encourage younger swimmers to participate.

 **No official times will be recorded for this event.**

- ❖ The swimmers' ages shall be determined by the age of the swimmer as of midnight on 31st December 2017.

Eligibility:

- Swimmers need not be affiliated with a club or swimming federation.
- The swimmer's medical history, physical condition and training must be commensurate with the rigors of open water swimming competition.

Format:

- Timed Final.
- The 1.5KM, 750 metres and 375 metres will be swum on a reach the bay basis(when the 1500m swimmers reaches the Bay where the 750 m swimmers are, the 750m race will start, when they reach the 375m swimmers at their bay, the 375m race will start).
- ❖ Swimmers will not be permitted to use or wear any device which may be an aid to their speed, endurance or buoyancy. Specifically, snorkels, fins and wetsuits are not allowed.
- ❖ Goggles, a maximum of two (2) caps, nose clip and earplugs may be used.

Entries:

- ❖ Registration forms are available from Gingerbread Hotel or by email:
tauran36@gmail.com.

- ❖ All swim teams are asked to submit their entries as a group by the deadline below.
- ❖ A swimmer will be allowed to swim only one event.

Entry Fee:

- ❖ ECD 10 per swimmer under age 15, 20 per swimmer over age 15.
- ❖ Swim teams are to pay as a group by the deadline date.
- ❖ Unattached individuals must also pay in the entry fee by the deadline date. Individuals and teams from overseas must submit entries by the deadline date and pay fees in by the morning of the event.

Entry Deadline: October 28th 2018 at check in time.

Check-In:

- ❖ Swimmers should check in by 9:45 am for number marking and pre-event briefing at the Almond Tree by the designated boot.
- ❖ Participants who do not attend the pre-event briefing will not be allowed to swim.

Numbering & Caps:

- ❖ Swimmers will be assigned a participant number which event officials will mark on the swimmer's back, arm and hand at check-in.
- ❖ **Each distance will have a designated cap color.**
- ❖ Swimmers will receive the coloured cap(s) at check-in.
- ❖ The appropriate colored cap must be worn at all times during the swim.

Warm Up:

- ❖ There will be a designated warm up area.

Start:

- ❖ The 1.5 K will start on the sand at 10:30 a.m. by the designated beach. The other events will start as described in the format.

Finish:

- ❖ All events will finish on the sand.
- ❖ Event time limits will be enforced by event Official

Awards:

- ❖ The Awards Ceremony will be held at the Almond Tree 30 minutes after the completion of the last event.
- ❖ Medals will be given to the top 3 finishers (male and female) in each age category of the events.
- ❖ Medals will be given to the top 3 overall finishers for each event.
- ❖ The Grand Prizes will be awarded to the top swimmer (male and female) in each event.

Briefings:

- ❖ There will be a Pre-Race briefing 15 minutes prior to the start of each event.
- ❖ Officials:

Each club participating is required to provide 2 officials for each race of the meet. These names should be submitted along with entries to allow a schedule of officials to be made.

Rules

1. This event will be conducted over distances of 750 metres, 1.5 kilometers and 375 metres at respective beaches on October 28th 2018 commencing 10:30 am.
2. Competitors are required to be present 30 minutes before the start of the race.
3. All Swimmers are required to be in good physical fitness for the competition.
4. Swimmers will make an out of water start at the designated starting point.
5. Swimmers will complete the race by crossing a finish line on the sand.
6. For the safety of the competitors, no coach boats will be allowed. If warning is ignored, the officials may order the swimmers to leave the water.
7. At the starting and finishing points of the race, the use of **the swimming caps provided by the organizers is obligatory**. The use of goggles, earplugs and substances to protect the skin will be permitted.
8. Any swimmer using flippers or an object which allows him to float will be disqualified. The same penalty will apply to any illicit means used to obstruct a competitor or to any swimmer accompanied by another person swimming beside him to urge him on.
9. Any coach, guide or person responsible for the swimmer who fails to comply with the regulations in any way will be suspended or banded from participation in the race. This may also result in the disqualification of the swimmer.
10. On arrival at the finish, there will be 2 buoys placed demarcating the finishlane.
11. The signal to start the race will be given to swimmers at their various starting points. The swimmers will assume their start positions as decided upon by the Meet Officials.

12. When he/she arrives at the finish, the swimmer should submit the number given to him/her at the starting point. Failure to do so will result in disqualification.

13. The swimmers age on December 31, 2017 determines the age group in which he/she is eligible to swim.

14. The swimmers will be transported or escorted to the area where the races will start.

The following age restrictions apply to the following distances:

Distance –1.5k –minimum age 10

Distance –750 metres –minimum age 7 yrs

14. Any cases omitted in these rules will be judged by the organizers of the competition and will be as binding as the present rules

A pre race meeting will be held at Alick’s Sail Shop at 5:30 PM on Thursday October 25th.

All officials and volunteers must be present.

Contact Event Coordinator:

- Louise Mitchell, 494 1001
- Tauran Ollivierre, 5329537

Diagram of course – is provided in the link below.

https://www.mapdevelopers.com/distance_finder.php?polylines=%5B%5B%5B%5B13.01031037206136%2C-61.236238057872015%5D%2C%5B13.009108225593032%2C-61.23654382969971%5D%2C%5B13.007670868906297%2C-61.23809951092835%5D%2C%5B13.004466840204222%2C-61.239252860804754%5D%2C%5B13.003944156228748%2C-61.24061542298432%5D%2C%5B13.003102632714949%2C-61.24057787205811%5D%2C%5B13.000776667783416%2C-61.2416561200821%5D%2C%5B12.999929906597563%2C-61.24262707974549%5D%2C%5B12.999935133527336%2C-61.24262171532746%5D%2C%5B12.999929906597563%2C-61.24328153874512%5D%2C%5B12.999929906597563%2C-61.24327080990906%5D%5D%2C%22%23000000%22%5D%5D

REGISTRATION FORM

Open Water Swim Race hosted by the Rising Stars Swim Team and Bequia Traditional Youth Sailors in collaboration with the SVG Swimming Federation

375 meters, 750 meters and 1.5 KM

Sunday, 28th 2018

SURNAME:	GIVEN NAMES:	MALE

ADDRESS:	TELEPHONE No.

COUNTRY/FEDERATION:	EVENT ()

DATE OF BIRTH DD/MM/YYYY	AGE AS OF DECEMBER 31, 2017

I agree to abide by the rules and regulations as set out by the organizers and accept that the Judges decisions are final.

LIABILITY RELEASE:

I hereby declare that I exonerate of all responsibility, the SVGSF, the Organizing Committee, Sponsors and any other persons that participate in this event in respect to all and every action or claim about any accident that may occur.

I understand how risky the competition in which I am going to participate is and I hereby certify that I am in good physical condition in order to participate in this event and that I am in good health suitable to the efforts I am going to submit myself.

DATE: _____ SIGNATURE _____

You must be over 18 years of age OR the parent/legal guardian of a minor under 18 years of age in order to agree to the text above

FEES:

1. ECD 10 per swimmer under age 15, 20 per swimmer over age 15.
2. Any entry form received without payment will not be accepted.
3. There shall be no refund of registration fees.