



EAST REGION CHAMPIONSHIPS

2011 OPEN WATER SWIMMING

(Under ASA Laws , Rules, Regulations and Championship Conditions)



CHAMPIONSHIP CONDITIONS

1. The Championship is open to *bona fide* members of clubs affiliated to the ASA, the Scottish ASA or the Welsh ASA and members of clubs from Countries that are affiliated to FINA. The ASA East Region reserves the right to limit entries dependant upon demand. This will be based on the date the entry is received.
 - 1.1 **ONLY COMPETITORS WHO ARE 13 YEARS OLD OR OVER IN THE YEAR OF COMPETITION MAY ENTER**
 - 1.2 All competitors must be ASA category 2 registered swimmers.
 - 1.3 A swimmer must be a member of the club in whose name he/she is entered and must have been registered as such with the ASA prior to the closing date of the competition.
2. Entries
 - 2.1 Entries will only be accepted when received by the organiser on or before the closing date on the official entry form together with the entry fee, and a completed medical declaration.
 - 2.2 All competitors must read all conditions of entry before signing the Entry Form on pages 1 and 2.
3. The Championship is freestyle and will be swum over 5k.
4. Awards
 - 4.1 The East Region Champion, male and female, shall be the first East Region swimmer to finish the event.
 - 4.1.1 The first three placed competitors from the East Region, male and female, shall each receive an award.
 - 4.1.2 Swimmers from outside the East Region finishing in 1st, 2nd or 3rd position will receive a commemorative award.
 - 4.2 Juniors are those who have not reached their 17th birthday in the year of competition.
 - 4.2.1 The best placed juniors, male and female from the East Region, will be the junior champions.
 - 4.2.2 The first three juniors from the East Region, male and female, shall each receive an award.
 - 4.2.3 Junior swimmers from outside the East Region finishing in 1st, 2nd or 3rd position in the Junior Championships will receive a commemorative award.
 - 4.3 Certificates will be awarded to all competitors who finish the course; these must be collected on the day.
5. A cut off time of 2 hours and 30 minutes shall apply (5k).
6. Numbered hats (provided) will be provided and must be worn.
7. For reasons of safety, a numbered band (provided) shall be worn on the wrist or ankle throughout the event and handed to Clerk of the Course when exiting the water.
8. Wet suits and flippers are not allowed, and costumes are to be in accordance with current FINA rules (applicable from June 2010).
9. Competitors' numbers shall be marked by the Clerks of the Course on the shoulders and hands before any grease is applied. Grease or other such substances is allowed as long as it is not, in the opinion of the Referee, excessive.
10. Protests shall be made and dealt with as detailed in ASA Law; the Promoter shall be the East Region Open Water Committee.
11. Any matters not provided for in these conditions shall be decided by the East Region Open Water Committee.

AGE GROUP and MASTERS CONDITIONS

1. The Open Water Championship Conditions shall apply to the Age Group Competitions except as below.
2. The ASA East Region reserves the right to limit entries dependant upon demand. For the 3k this will be based on the date the entry is received; 1.5k and 800m by submitted entry times.
3. Age of competitors
 - 3.1 Only competitors who are 13years old or over **in the year of competition** may swim in the 3k event.
 - 3.2 Only competitors who are 12 years old or over **in the year of competition** may swim in the 1.5k event.
 - 3.3 Only competitors who are 11 years old or over **in the year of competition** may swim in the 800m event.
4. Cut-off time
 - 4.1 A cut off time of 1 hour 30 minutes shall apply in 3k event.
 - 4.2 A cut off time of 60 minutes shall apply in 1.5k event.
 - 4.3 A cut off time of 45 minutes shall apply in Novice 800m event.
5. Awards
 - 5.1 Suitable awards will be presented to the first three East Region competitors, male and female, in each Age Group event. There will be no separate 13-16 age group event in the 5k due to the Junior competition.
 - 5.2 Swimmers from outside the East Region finishing in 1st, 2nd or 3rd position will receive a commemorative award. There will be no separate 13-16 age group event in the 5k due to the Junior competition.
 - 5.3 Certificates will be awarded to all competitors who finish the course; these must be collected on the day.
6. Age Groups

5k	Age Groups	13–16	17-19	Masters Age Groups	20–24	25-29	30-34	35-39	40-49	50-59	60+
3k	Age Groups	13–16	17-19	Masters Age Groups	20–24	25-29	30-34	35-39	40-49	50-59	60+
1.5k	Age Groups	12–16	17-19	Masters Age Groups	20–24	25-29	30-34	35-39	40-49	50-59	60+
800m	Age Groups	11–12	13–14	15–16 and 17+							
7. The Open Water 5k Age Group Competitions shall be held concurrently with the Open Water Championships.
8. Swimmers in the 1.5k and 3k events will be in the water at the same time, the 1.5k event starting prior to the 3k start.

OPEN WATER TEAM SWIMMING COMPETITION

1. Any club entering a minimum of one competitor, male or female, in each of the 800m, 1.5k, 3k and 5k distances will be entered for the team competition. To ensure eligibility of team entry the Team Manager should register team at the registration desk on arrival.
2. Individuals forming teams must have been members of the club in whose name he/she is entered and must have been registered as such with the ASA prior to the closing date of the competition
3. The time of the highest placed swimmer from each club at each distance shall be used to determine the team placings.
4. Awards
 - 4.1 Awards will be given to the team from the East Region with the fastest combined time for the four swimmers.
 - 4.2 Teams from outside the East Region finishing in 1st, 2nd or 3rd position will receive a commemorative award.

**All swimmers must attend the appropriate briefing and respond to the roll call.
FOR SAFETY REASONS NO BRIEFING – NO SWIM**

ALL ENTRANTS MUST READ AND SIGN THE ENTRY FORM ON PAGES 1 and 2