

Swim England East Region

2024 Regional Open Water Championships – 14 July 2024

GENERAL CONDITIONS

1. This event is open to registered Club Compete 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 World Aquatics.
(To clarify if you are already a member of a Swim England Club as a Club Train or Club Support member you will need contact your Club's Membership Officer to get your membership upgraded to Club Compete).
2. The Regional Open Water Championships shall be held under Swim England Laws and Regulations and World Aquatics (WA) Technical Rules of Swimming. Para athletes will compete under current WPS Rules and Regulations.
3. Ages for entry will be as at **31st December 2024**.
4. The Championships will be swum as a single competition but will comprise of four components.
 - 4.1 The Swim England East Region qualifying event for Swim England Open Water Nationals (see below for specific conditions)
 - 4.2 Serve as the independent County Championships for counties forming the East Region only. *
 - 4.3 Serve as an independent Regional Para Olympics and Special Olympics event for Para Athletes in Classes S7-S14 and Special Olympics Great Britain (SOGB) Athletes registered in accordance with Para 1 above (Must be a member of a club affiliated to SE or other federation).
 - 4.4 An open competition for all other competitors

** Please note that Essex County Clubs within the East Region can use this event as the above qualification event for Swim England Open Water Nationals, however, those clubs within the London Region for Essex County are required to attend the London Region Open Water Championships as their National Qualification event.*
5. The Female category is for birth sex females in accordance with Swim England's Transgender and Non-Binary Competition Policy. By entering the 'Female' category, a swimmer confirms that their birth sex is female.
6. Swimmers must seek appropriate medical advice if they have any concerns as to their state of health. By entering swimmers confirm that they have not been informed by any medical practitioner and do not have any knowledge of any medical condition which would make it inadvisable for them to participate in Open Water Swimming. Accordingly, they certify that they are physically fit to participate. They undertake to inform the Promoter of any medical condition which may affect their participation in the event.
 - 6.1 Any change to a swimmer's medical condition between making their initial entry declaration and the day of competition, must be notified to the promoter.
7. Coaches and Team Managers:
 - 7.1 All swimmers under the age of 18 must be under the supervision of a qualified Coach and Team Manager.
 - 7.2 All clubs are required to send the appropriate number of qualified coaches and team managers in line with Swim England Coach, Team Manager, and Chaperone policy, 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.

7.3 Coaches and Team Managers must have the relevant Pass via the Swimming Results on-line system to attend the event. -

7.4 Coach and Team Manager Passes will be available for **£15** per person. The pass entitles the purchaser to a lunch voucher, and teas and coffees from Pod 8 for the duration of the day.

8. All entries must be submitted via the relevant on-line entry system. The personal declaration confirmed during the on-line entry process will be taken as indication that all event conditions.
9. All swimmers must attend the relevant briefing for the event in which they intend to swim and answer to the roll call.

10. Events:

Event 1: 3k (including Para athletes S7-S14 and Para Masters)

Event 2: 1k (including Para athletes S7-S14 for development purposes and SOGB athletes)

Event 3: 2k

Event 4: 5k

10.1 A swimmer can enter any distance provided they meet the minimum age requirements and comply with these conditions in full.

10.2 Swimmers can enter more than one event; however, the only acceptable combination of events is Event 1 with either Event 3 or Event 4.

10.3 In order to be eligible to swim at the Swim England Open Water Nationals, swimmers must compete in the qualifying event for their age group and achieve a qualifying finish placing in compliance with the published entry conditions for the Swim England Open Water Swimming National Age Group Championships.

10.4 **Para athletes** may only enter Event 1 (or Event 2 if swimming for development purposes).

10.5 **SOGB athletes** may only enter Event 2. SOGB athletes will be divided, according to numbers competing, by gender, wearing of wetsuit and finally age if appropriate.

10.6 **Sight impaired** swimmers requiring a guide are responsible for providing and paying the entry for their guide.

11. Onsite Access

11.1 Access to the decked area is restricted to; Coaches and Team Managers with passes (**obtained by prior online application only, passes are not available on the day**), Event staff, East Region Invited Guests, Officials and Swimmers.

11.2 Swimmers can access the restricted decked area 20 minutes before their race briefing is due to start and until they have changed after completing their swim. Swimmers may also be allowed onto the deck to collect county and regional awards but must leave as soon as they have done so.

11.3 Parents are not permitted on the decked area at any time, unless invited by the referee, East Region employed staff or the event/meet director.

12. ENTRIES

12.1 The Promoter reserves the right to limit entries to all events. In the event of over-subscription, the Promoter will allocate spaces based on the date entries are received and with priority given to East Region members. 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 Swim England Open Water National event.

12.2 The closing date for entries is **16 June 2024**.

12.3 The promoter reserves the right to refuse admission to any competitor, coach, or spectator. Anything not covered in these conditions will be at the discretion of the Technical Director and Promoter, who also reserves the right to make any changes that maybe considered necessary for the smooth, effective, and safe running of the meet.

12.4 Entry Fees

12.4.1 The 1k race fee is: **£25**.

12.4.2 The 2k, 3k, and 5k race fees are: **£30** per race.

12.5 Refunds will only be considered where the competition is cancelled, or where there is a significant alteration to the published schedule that results in a change of venue or session, meaning that the competitor cannot swim.

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

13. All events are swum as freestyle events.

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

1K:	25 minutes (Para athletes under development and SOGB athletes will be allowed 45 minutes)
2K:	60 minutes
3K:	1 hour 30 minutes
5K:	2 hour 20 minutes

15. The minimum ages (**as at 31st December 2024**) to swim each event are;

1K:	11 years	(Para & SOGB athletes - minimum age is 14 years)
2K:	12 years	(Nationals Qualifier Age Group 13)
3K:	13 years	(Nationals Qualifier Age Groups 14 & 15) (Para athletes - minimum age is 14 years)
5K:	13 years	(Nationals Qualifier Age Groups 16, 17/18 & 19 & over)

16. All competitors **MUST** wear the numbered swim hat provided by the event organiser. Failure to do so will result in disqualification in line with the World Aquatic Open Water rules.

17. 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. Failure to do so may result in disqualification in line with the World Aquatic Open Water rules.

18. Chip-timing is being used at these Championships. The timing chip wrist band must be worn on the wrist throughout the entire race and must be handed back to the Clerk of the Course on completion of the race or on exiting the water. Failure to do so may result in disqualification and impact the swimmers ranking.

19. Water Temperature & Swimwear:

19.1 Water Temperature 18 degrees centigrade or above: Only costumes complying with World Aquatics can be worn. A compliant costume (for both male and female) 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.

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

Wet suit definition:

For the purposes of the World Aquatics 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.

[Note: Historically, water temperatures for this event have always been above 20.5°C, with an average temperature over the past 12 years of 22.3°C]

19.3 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.

19.4 SOGB athletes may wear ANY type of wetsuit, regardless of water temperature. The Meet Director is to be informed of any wetsuit that may not comply with the rules for this competition.

20. Swim Gear: No competitor shall be permitted to use or wear any device including smart devices, which may be an aid to their speed, endurance, or buoyancy. Jewellery is not to be worn. Finger and toe nails must be trimmed short and smoothed. Goggles, cap, nose clip and earplugs may be used. Only one costume is allowed (Swim England period wear guidance will be followed).
21. Swimmers may use grease providing, if in the opinion of the Chief Referee, the use is not excessive, and the decision of the Referee is final. 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.
22. The Promoter and Event/Meet Director is Paul Kendall on behalf of the Swim England East Region Open Water Manager.
23. Any protests shall be made and dealt with as detailed in Swim England Regulations.
24. Any matters not provided for in these conditions shall be decided by the Promoter.
25. 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.
26. Photographs of the event may be used for publicity purposes and may be put the website. These will comply with the Swim England Photography Policy found in Wavepower.
27. The timing for all races and briefings will only be circulated as part of the events' final instruction pack in June.
28. If an event must 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 open/male and female swimmers in each age group will be awarded medals.
32. The first 3 open/male and female Para-Swimmers in the 1km and 3km events will be awarded medals on a multi-classification points basis.
 - a. Points for the 1km will be awarded based on the multi-classification points for the 800m Freestyle.
 - b. Points for the 3km will be awarded based on the multi-classification points for the 1500m Freestyle.
 - c. Master Medals shall be awarded on a multi-class timed final basis, for competitors over the age of 25 years and above, based on the age adjusted time and British Para-Swimming Points System above.
 - d. WPS Rule 10.15.1 does not apply to this competition.
33. SOGB athletes in Event 2 placed first, second or third in their respective divisions will be awarded with medals.
34. Commemorative medals will be awarded to competitors from outside the East Region placed first, second or third in individual events.
35. 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.