

COMPETITION CONDITIONS

(Under ASA laws and ASA Technical Rules including IPC Rules for a Multi-Disability Event)

1. General

- 1.1. All competitors must be registered members of clubs affiliated to the ASA, the Scottish ASA or the Welsh ASA, OR Registered members of clubs in a country affiliated to FINA. The registration shall have been valid for at least 60 days prior to the date of the competition.
- 1.2. To enter the 5 km event competitors must be a minimum age of 13 years as of 31st December 2010.
- 1.3. The event is inclusive of athletes with a disability who must be registered with the ASA, British Swimming and/or the IPC, and hold a valid Functional Ability Card (FAC). Disability athletes will swim under exactly the same conditions as all other competitors.

2. Entries

- 2.1. Entries must be on the official entry form together with the entry fee. Photocopies are acceptable.
- 2.2. Entry forms sent by e-mail will only be valid once the fee is paid.
- 2.3. All competitors must read the Provisions and sign the Declaration on the entry form.
- 2.4. Entries will only be accepted if the organiser receives them on or before the closing date.

3. Awards

- 3.1. 'Open' Competition: Challenge trophies will be awarded to the winning woman and man irrespective of age and club Region/Country; plus suitable prizes to the 1st three placed competitors in each age group, both genders.
- 3.2. Regional Competition: Challenge trophies will be awarded to the first SER Junior and Senior competitors, plus SER medals for the first 3 Juniors and Seniors, both genders.
- 3.3. Sussex ASA Championships: County medals will be awarded to the first 3 Sussex Junior and Senior competitors, both genders.
- 3.4. Certificates will be awarded to all competitors who finish the course.

4. The Event

- 4.1. Swim Gear: No swimmer shall be permitted to use or wear any device, which may be an aid to their speed, endurance or buoyancy. Goggles, caps (maximum 2), nose clip and earplugs may be used. Only one costume can be worn which shall be in accordance with FINA General Rules on Swimwear, in force on the date of competition.
- 4.2. Grease: Swimmers shall be allowed to use grease or other such substances providing these are not, in the opinion of the referee, excessive.
- 4.3. Competitor Number: Competitors must have their number written on their back or upper arms.
- 4.5. Hats: All competitors must wear the swim hat provided. If two hats are worn the one provided by the organisers must be on the outside.
- 4.6. Time Limit: There will be a cut-off time limit of 2½ hours after the start.

5. Safety

- 5.1. The pre-requisite to swimming is attendance at the race briefing at 1.00 pm. A roll call of all swimmers will be taken at the briefing.
- 5.2. Only the official safety craft and canoes will be allowed on the course. Competitor's coaches and supporters are not allowed to use their own canoes or boats.
- 5.3. In the event of inclement weather the safety officer will decide if the competition can be run safely. If the decision is taken to cancel the promoter will make every effort to re-run the event on another date. Should this not be possible, then after all expenses have been paid, a percentage of the entry fee may be refunded.

PROVISIONS: Please read carefully before signing the entry form

1. I hereby certify that I am physically fit and well to participate in Open Water training and events.
2. I am aware of the need to seek appropriate medical advice if I have any concerns as to the state of my health and have not been informed by any medical practitioner, and I do not have any knowledge of any medical condition, which would make it inadvisable for me to participate in Open Water Swimming events or any other associated activities.
3. I am aware of and appreciate the inherent risks involved in Open Water Swimming training and competition including the possibilities of injury and accident. I undertake to always conduct myself in a responsible and professional manner.
4. I undertake at all times to use my best endeavor to train and compete in a safe and proper manner and not to do anything which would expose me or fellow swimmers to unnecessary risk or injury.
5. I undertake to take all reasonable safety measures for the protection of fellow swimmers and myself and to inform the Referee of any concerns I may have as regards safety.
6. I acknowledge that during Open Water Swimming events the Sussex County ASA cannot be held responsible for any loss or damage to personal belongings and that I must take all reasonable steps against such loss or damage.
7. I hereby agree to abide by and be governed by the rules of the ASA and all other laws and regulations applicable including the ASA Safety Laws.