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ANTIGUA & BARBUDA SWIMMING FEDERATION (ABSF)

PRESENTS

31ST ANNUAL NATIONAL OPEN WATER CHAMPIONSHIPS & FESTIVAL

1.4K | 2.6K | 5K

SUNDAY, 26th November, 2017

Fort James Beach

St. John's, Antigua

The Antigua and Barbuda Swimming Federations invites you to come and experience the National Open Water Swim Championships and Festival and swim with Antigua's finest swimmers. This event is to be held at Fort James Beach, St. John's Antigua on Sunday, 26th November 2017. This year we are adding another dimension to the event by having a stand up paddle board/kayak race/swim relay.

Distances: 1.4 kilometers, 2.6 kilometers and 5 kilometers (measured by GPS)

Our National Open Water Championship will comprise an age group championship.

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Age Groups: *Individual Events* 8 and under, 9-10yrs, 11-12, 13-14, 15-17yrs,
18- 24yrs, 25-34yrs, 35-44yrs, 45 and over



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Host: Antigua and Barbuda Swim Federation (ABSF)

Date: Sunday, 26th November, 2017

Time: 11:00am

Venue & Course for the OW Swimming Championship: 600m x 300m x 300m triangular course demarked by 3 large turn buoys in the Bay of Fort James Beach. The course is marked by buoys and mooring lines. Spectators can view the length of the course walking along the seaside bay.

Distances: 1.4 kilometers, 2.6 kilometers and 5 kilometers (measured by GPS)

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. Swimmers will be subjected to a medical check at 9:30am

Format: Timed Final. The 1.4, 2.6 and 5 kilometer events will be swum 5 minutes apart starting with the 5k, 2.6k then the 1.4k. 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. Swimmers may grease themselves with petroleum jelly once it is not excessive.

Entries: Registration forms can be downloaded by visiting www.swimantiguabarbuda.com or use the attached form that accompanies this summons. All swim teams are asked to submit their entries as a group by the deadline below.

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Entry Fee: ECD\$60.00 per swimmer. 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: Saturday 18th November, 2017. Payments and entries are to be submitted at the Athletic Club (Coolidge) front desk.

Check-In: Swimmers should check in by 9:30 to be medically checked and for number marking and pre-event briefing. 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 colored 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: All events will start in the water.

Finish: All events will finish on the sand by crossing the established finishing line. Event time limits will be enforced by event Official (ABACA Sports Timing).

Awards: The Awards Ceremony will be held on the beach and will begin 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 for each event. Trophies will be presented to the swimmers (male and female) posting the overall fastest finish time for each distance.

Briefings: There will be a Pre-Race briefing 15 minutes prior to the start of the 5k event.

Officials: Each club participating **is required to provide 4 officials** for the meet. The names of these persons should be submitted along with entries by November 18th to allow a schedule of officials to be made. Officials who have done the open water training are encouraged to make themselves available to officiate.

Rules:

1. This event will be conducted over distances of 1.4, 2.6 and 5 kilometers at the Fort James Beach on November 27, 2016 commencing at 11:00am. The events will be swum 5 min apart.
2. All competitors must attend the pre-race briefing on the beach and are required to be present in the marshaling area **30 minutes before the start of the race.**
3. All Swimmers are required to be in good physical fitness for the competition and be subject to a medical check by our medical officer and his team.
4. All swimmers must go through the head count in order to start the race.
5. Each swimmer is required to wear the swim cap provided at all times during the race. Any swimmer crossing the Finish line without a swim cap may be disqualified.
6. All swimmers must be behind the Start Line and wait for the Starter's signals. Both an air horn and a flag are used to start the race (audible and visible signals).
7. Any swimmer dropping out before or during the race should check in immediately with a Beach Marshal AND the Recording Officials at the Finish or Start, reporting their race number and name. This is to help the Recorders account for all swimmers.
8. Any action that may bring the event into disrepute may result in disqualification.
9. Prizes are non-transferrable.
10. Violating any of these rules may result in disqualification.
11. There is to be no fighting, kicking or pushing in the water. Discipline, please.
12. Swimmer will not be allowed to use fins, paddles, or wetsuit. Tech-suits banned by FINA (the International Swimming Federation) are also not allowed in this race. No swimmer shall be permitted to use or wear any device that may be an aid to their speed, endurance or buoyancy. Goggles, caps, nose clips and earplugs may be used.
13. You may use any swim stroke. When possible, you may stand up on the bottom if you need a rest, but you are not permitted any forward walking motion. Swimmers with special physical challenges can request to use special devices to aid in swimming.
14. The starter will use an air horn and a flag to signal the start of the race.

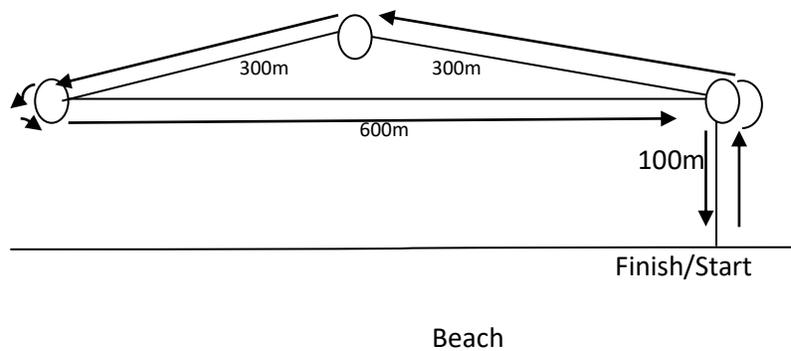
15. Swimmers will follow the race course as laid out by the buoys in the water.
16. Swimmers must complete the course in its entirety; there will be Judges at the marker buoys that will be checking to ensure all swimmers pass their markers.
17. Drafting is permitted, however obstructing, interfering with or making intentional contact with another swimmer may result in disqualification.
18. All swimmers should have their competition number clearly displayed on their back and arms.
19. Swimmers shall be allowed to use grease or other such substances providing these are not, in the opinion of the referee, excessive.
20. In the case of difficulty in the water, please remain calm. Extend your hands in an upward position, signalling that help is required. There are sufficient boats, kayaks and Paddle boards available for this purpose.
21. The referee shall have full control and authority over all officials and shall adjudicate on all protests related to the conduct of the race, including final placing's, if necessary. The referee's decision shall be final.
22. Payment of the entrance fee and participation in the race shall signify agreement and acceptance of these rules.
23. The above rules were designed for your safety and well-being. We wish you all success.
24. The execution of the race on the day is subject to favourable weather conditions and if in the case of inclement weather the race is called off there will be no reimbursement of fees to participants.
25. Swimmers will make an in water start at the designated starting point.
 - a. One kilometer swimmers will swim one circuit of the triangular course beach for a total distance of 1,400 meters and complete the race by running across the finish line on the sand.
 - b. Two-kilometer swimmers will swim two circuits of the triangular course for a total distance of 2,600 meters and complete the race by running across the finish line on the sand.
 - c. Five-kilometer swimmers will swim four circuits of the triangular course for a total distance of 5,000 meters and complete the race by running across the finish line on the sand.
26. 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.
27. Safety boats, kayaks & Paddle boards approved by the organizers shall maintain a constant position of at least 5ft at the side of and away from any swimmer and shall manoeuvre so as not to obstruct or place themselves directly ahead of another swimmer.

28. 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.
29. Buoys will be placed at intermittent levels along the course. On arrival at the finish, there will be 2 buoys placed making the finish and leading the swimmer to the finish line on the sand.
30. When he/she arrives at the finish of their race they must run out and cross the finish line on the sand. Failure to do so will result in disqualification. The swimmer should submit the number given to him/her at the starting point.
31. The signal to start the race will be given at 5min intervals for the respective races starting with the 5k, then the 2.6k and ending with the 1.4k. The swimmers will assume their start positions as decided upon by the Meet Officials.
32. The swimmers age on **December 31, 2016** determines the age group in which he/she is eligible to swim. Swimmers will compete in the following age groups: 8 and under, 9-10, 11-12yrs, 13-14, 15-17, 18-24yrs, 25-34yrs, 35-44yrs, 45 and over.
33. The following age restrictions apply to the following distances:
 - Distance – 1.4k – minimum age 7 yrs.
 - Distance - 2.6k – minimum age 9 yrs.
 - Distance – 5k – minimum age 14 yrs.
34. Gold, Silver and Bronze medals will be given for 1st to 3rd place by age group and sex. Trophies to 1st male and female overall.
35. Any cases omitted in these rules will be judged by the organizers of the competition and will be as binding as the present rules

Contact: Event Coordinator, Carl Joseph (720-9118) or Technical Director, Edith Clashing (783-0578).

Dated: 14th November, 2017

Diagram of course



1. Kayaks with life guards will man the perimeter of the course.
2. The referee(s) & medical boat(s) will be allowed in the centre of the course
3. The turn judges will be stationed at each turn buoy
4. The finish judges will be stationed at the finish line
5. Any other safety craft will be on the perimeter of the course.

SWIM, KAYAK, PADDLE BOARD RELAY

- ❖ This fun event will take place after the Open Water Competition. The number of Kayaks and Paddle boards available will determine the number of teams that can be formed.
- ❖ Sign up will be on the day of the event. Swimmers who are already registered in the OW swim event do not have to pay for this event.
- ❖ Persons who are not registered in any of the swim events will pay a registration fee of \$20 to be part of a team.
- ❖ At the starting signal, the swimmers in each team will start at the turn end of the 600m horizontal length or the left end of the course and swim to the start end of the OW course and tag its Kayak team mate. The Kayak will follow the course of the 600m stretch turning right around the 1st triangular buoy southwards and circling back up the 600m length course to the start/finish point and tag the Stand-up paddle board team mate who will follow the same horizontal course. The winner will be the first team to complete the course.

The winning team will be awarded a prize.

Relay course

