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**2016 LIFESPAN 007 OPEN WATER SWIM FESTIVAL**  
**Sanction #**

- VENUE:** James Bond Beach, Oracabessa, Jamaica  
Manual timing will be used
- DISTANCES:** 1 Km; 2 Km & 5 Km  
The 1 & 2 Km Swim races is open to swimmers 7 years old & Over.  
The 5 Km Swim race is open to swimmers 11 years old & Over
- RACE COURSE:** 1 KM rectangular course swimming in a clockwise direction.
- DATES & TIMES:** Sunday November 6, 2016 at 9:00 AM  
Marshalling begins at 8:30 AM
- ELIGIBILITY:** Recreational to Elite Swimmers  
  
**Age Group Swimming** - Ages shall be as of midnight November 5, 2016  
**Masters Swimming** - Ages shall be as of midnight November 5, 2016
- ENTRY FEES:** J\$1,000.00 for entries submitted by 4:00 PM November 2, 2016  
J\$1,500.00 for entries submitted after 4:00 PM on November 2, 2016
- RULES:** FINA rules appropriate for open water events in force at time of competition will apply.  
For additional Rules and Regulations see below.
- ENTRY DEADLINE & REGISTRATION:** 4:00 PM on Wednesday November 2, 2016. Completed Registration Forms are to be delivered to the ASAJ Office at the National Aquatic Centre or e-mailed to [amarsh164@hotmail.com](mailto:amarsh164@hotmail.com); or [auaticsj@gmail.com](mailto:auaticsj@gmail.com). For further details please contact Allan Marsh 579-6171; Nigel Bair 773-7922; Carol Cuffley 839- 2734

**On-site Registration at James Bond Beach will close at 8:00 AM  
on Sunday November 6, 2016**

**Entry Fees are payable at the time of submission of entries**



## 1. RULES AND REGULATIONS

- 1.1. Roll Call and briefing of entrants will be taken at 8:40 am
- 1.2. Swimmers will be assembled at the starting line at 8:55 am
- 1.3. The race will begin at 9:00 am
- 1.4. The course will be clearly demarcated by ropes and buoys
- 1.5. The events will be contested over 1Km; 2 km & 5 Km
- 1.6. Competition will take place in 5 Age Groups: 7-10; 11-15; 16-24 and Masters 25-35 and 36 & Over.
- 1.7. The 1 & 2 Km Swim races are open to swimmers 7 years old & over.
- 1.8. The 5 Km Swim race is open to swimmers 11 years old & over.
- 1.9. All events will end at designated finish line at James Bond Beach at end of the course.
- 1.10. All swimmers will be subject to a medical check prior to the start of the race
- 1.11. All swimmers must attend pre-race briefing on the beach prior to the start of the race.
- 1.12. All swimmers must go through the head count prior to the start of the race.
- 1.13. The Referee shall signal to swimmers, by a raised flag and short blasts on the whistle, that the start is imminent and, when satisfied, indicate by pointing the flag at the Starter that the competition may commence.
- 1.14. The Starter shall be stationed in such a position as to be clearly visible to all competitors and on signal of the Referee, the Starter will raise a distinctive flag into the vertical position and simultaneously bring the flag down, and activate an audible signal.
- 1.15. At the start, swimmers will start from the water.
- 1.16. Obstructing, interfering with or making intentional contact with another swimmer shall, if in the opinion of the referee be deemed to be **"unsporting impedance,"** lead to disqualification
- 1.17. Rescue boats shall be strategically located along the course to assist swimmers who are believed to be in difficulty or who signal for assistance. All rescue boats will have trained Lifeguards.
- 1.18. With the exception of (1.17) above, swimmers shall not receive support from any fixed or floating object and shall not touch or be touched by any safety craft or crew therein
- 1.19. Swimmers shall not be disqualified for standing during of the race, **but walking/running is not allowed**, except for two parts of the race:
  - a) From the first marker buoy to the finish line at the end of the race
- 1.20. All swimmers shall have their competition number clearly displayed on their swim caps. arms and backs.
- 1.21. Swimmers will not be allowed to use fins, snorkels, paddles, or wet suit. No swimmer shall be permitted to use or wear any device that may be an unfair aid to their speed, endurance or buoyancy. Goggles, Caps, Nose Clips and Ear Plugs may be used.
- 1.22. Swimmers shall be allowed to use grease or other such substances as long as these are not, in the opinion of the Referee, excessive.

- 1.23 The pacing of a swimmer by a non-competitor entering the water is not permitted and shall result in disqualification of the swimmer
- 1.24 In case of difficulty in the water please remain calm. The swimmer should extend hands in an upward position, signaling that help is required. There will be sufficient rescue boats, Kayaks and Paddle Boards available for this purpose.
- 1.25 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, if necessary the Referee's decisions shall be final.
- 1.26 Payment of entry fee and participation in the race shall be deemed to signify agreement with and acceptance of these rules.
- 1.27 The above Rules were designed for your safety. Good Luck and have a great swim!

## **2. AWARDS**

Prizes will be awarded to the top finisher in each Age Group.

All swimmers completing their respective races will receive an official Certificate of Achievement