

# **ST LUCIA AMATEUR SWIMMING ASSOCIATION**

In conjunction with

## **SOUFRIERE MARINE MANAGEMENT ASSOCIATION**

Presents

### **THE THIRD ANNUAL PITONS CHALLENGE OPEN WATER SWIM SOUFRIERE**

#### **SUMMONS**

**1 KM & 5 KM SWIMS**

plus special

Two-Pier Sprint (approximately 100 m) Event

**Sunday 1 March 2009**

**SOUFRIERE**

**ST. LUCIA  
WEST INDIES**

Sponsored by:

**Anse Chastanet Resort & Jade Mountain**

## PITONS CHALLENGE OPEN WATER SWIM, SOUFRIERE

**The Saint Lucia Amateur Swimming Association invites you to the first event of 2009 in our Open Water Swim Circuit in this the third year of our staging open water swims on our calendar of events. This will be the first of three open water events whereby the swimmers in the top eight positions in the longest event in each open water swim will be awarded points. These points will accumulate and trophies will be awarded for the top three overall finishers at the end of our last event in 2009.**

**EVENT DATE:** SUNDAY 1st March 2009

**COURSE:**

1. Two-Pier Sprint Event swim from Main Jetty to Soufriere Foundation Jetty.
2. 1 km swim from Main Jetty around marker buoy positioned close to Hummingbird Beach and back to Main Jetty, Soufriere.
3. 5 km swim from Main Jetty towards Malgretout Beach, around marker buoy and back to Main Jetty, Soufriere.

The Courses Will Be Marked With Buoys and Flags.

**AGE GROUPS:**

1. Two-Pier Sprint Event will be swum in Age Groups as follows:
  - 10 and under
  - 11 to 14 years
  - 15 & Over
  - Masters (over 30 years)
2. 1 km race – Open event (no age groups), open to swimmers aged 9 and over.
3. 5 km race – Open event (no age groups), open to swimmers aged 12 and over.

**SAFETY:** Your safety is our most important concern. There will be boats and paddlers on kayaks patrolling the course. Swimmers are responsible for their own physical condition and are encouraged to train adequately and have a physical checkup prior to the swim.

**ALL SWIMMERS REGISTERED FOR THE 5 KM EVENT MUST BRING A FRIEND/COLLEAGUE WHO IS ABLE TO MAN A KAYAK. THERE WILL BE A KAYAK ALLOCATED TO EACH SWIMMER FOR THIS EVENT.**

**NUMBERING:** On race day, all swimmers will be numbered on both shoulders. Swimmers will be disqualified if not numbered.

**ESCORTS:** To ensure fair competition, no escorts such as persons on surfboards, kayaks or boats are permitted. The kayaks allocated to each competitor in the 5 km event, as outlined above, must not come within 10m of the swimmer, unless there is an emergency, failing which the swimmer will be automatically disqualified.

**SWIM AIDS:** This is a swimming event: flotation devices, snorkels, fins, wet suits of any kind or any other swim aids are prohibited. Goggles and caps are strongly recommended.

**VISIBILITY:** Generally clear

**WATER TEMPERATURE:** approximately 26°C

**DAY TIME TEMPERATURE RANGE:** 27°C - 30°C

**ENTRY FEE:** EC\$2 per swimmer for Two-Pier Sprint  
EC\$5 per swimmer for 1 km event  
EC\$10 per swimmer 5 km event  
**OVERSEAS SWIMMERS:** US\$5 per event

**ENTRIES** **SWIMMERS DOING THE 5 KM EVENT MUST REGISTER FOR THIS BY 23 FEBRUARY – NO LATE ENTRIES WILL BE CONSIDERED FOR THIS EVENT.**  
**ENTRIES FOR OTHER EVENTS WILL BE ACCEPTED UP TO ONE HOUR BEFORE START TIME.**

**CHECK IN:** 11:00 a.m. for 5 km swim  
12:00 noon for 1 km swim  
1:00 p.m. for Sprint

**PRE-RACE INSTRUCTIONS:** 11:15 a.m. (5 km)  
1:00 p.m. (1 km)  
2:00 p.m. (sprint)

**START TIME:** 12:00 noon (5 km Swim)  
1:30 pm (1 km Swim)  
2:30 pm (Two-Pier Sprint)

**PROTESTS:** Must be submitted to referee within 30 minutes after finish of event.

**T-SHIRTS:** Event T-Shirts will be on sale.

**AWARDS:**

- 1. Two-Pier Sprint: Medals** will be presented to the top three finishers (**male and female**) in each Age Group in the Two-Pier Sprint. In addition, there will be a **trophy** awarded to the fastest male and female swimmer overall in this event.
- 2. 1 km and 5 km events: Trophies** will be presented to the top three finishers (**male and female**) in the 1km. and 5km swimming events.
- 3. Participation certificates** will be awarded to all swimmers who complete the 1 km and 5 km swims.

The awards ceremony will commence 30 minutes after the completion of all races.

## THE START

- Competitors shall assemble at the starting area 30 minutes prior to the start of the event.
- At this time all swimmers shall have their competition number clearly displayed on both shoulders.
- Competitors shall line up at the specified start position in accordance with the instruction of the person in charge.
- Competitors must not touch the rope indicating the start line until the signal is given.

## **THE FINISH**

- The competitor ends the race when he/she swims past the last buoy and crosses the finish line located 10m on shore.
- The finish order of the swimmers shall be confirmed and decided by the Finish Judges.
- The cut-off time limits shall be 10 minutes after the tenth (10<sup>th</sup>) male and female swimmer crosses the finish line for the 1 km swim, and 30 minutes after the tenth (10<sup>th</sup>) male and female swimmer crosses the finish line for the 5 km swim.

## **RESULTS**

- Official results shall not be announced until the last swimmer finishes within the time limit. All times and finishing order are provisional up to that point.
- Official results shall be announced when competition is finished and the referee confirms the places and times.
- Results will be posted on the SLASA website: <http://www.slasa.info>

## **MEDICAL SERVICE**

- Physicians will be on duty at the competition venue to provide medical treatment. Physicians will be stationed at the competition Headquarters.
- A boat will be provided at the course supported by a rescue crew.

## **FOOD**

- Food and water will be on sale by SLASA close to the Race Headquarters

## **POINTS**

Points will be awarded for the top eight finishers in the 5 km as follows:

1 <sup>st</sup>	18 points
2 <sup>nd</sup>	14 points
3 <sup>rd</sup>	12 points
4 <sup>th</sup>	10 points
5 <sup>th</sup>	8 points
6 <sup>th</sup>	6 points
7 <sup>th</sup>	4 points
8 <sup>th</sup>	2 points

### **CONTACT PERSONS:**

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# **ST. LUCIA AMATEUR SWIMMING ASSOCIATION PITONS OPEN WATER SWIM**

## **RULES**

The spirit of friendly competition should be maintained throughout the event. Any un-sportsman-like conduct will be grounds for immediate disqualification. Decisions of the event officials are final and not subject to appeal. All complaints must be written, signed and filed with the Event Director 30 minutes of the finish of the event.

1. Entry forms must be fully completed and signed. Entries for the 5km event must be submitted by 23 February – no late entries for this event will be permitted.
2. Competitors must keep within the defined course for all events as instructed.
3. Competitors must complete the course unassisted.
4. Competitors leaving the water before the Finish will be deemed as failing to complete the course.
5. Competitors failing to complete the course must report to the starting line. Swimmers must not leave the area without reporting to the recorders.
6. Competitors must ensure that as they pass through the finish line their number is recorded correctly.
7. Power driven craft are prohibited from the course (except for emergency craft). No personal escorts are permitted.
8. If in trouble, raise your arm and wait for help from one of the support craft or swim towards the shore.
9. A cut-off time of 30 minutes hour after the 10<sup>th</sup> place swimmer male and female has finished will be applied.
10. Swimmers will be required to have an official race number on both arms. This must remain on the individual throughout the event.
11. Organizers reserve the right to accept, reject and cancel entries.
12. No swimmer shall be awarded a place unless carrying an official number.
13. Medical staff shall have the ultimate and final authority to remove a competitor from the race if the competitor is judged to be physically incapable of continuing the race without risk of serious injury.

## **IMPORTANT!**

**ACCIDENT WAIVER AND LIABILITY RELEASE MUST BE SIGNED FOR  
ENTRY TO BE ACCEPTED!**

## **ACCIDENT WAIVER AND RELEASE OF LIABILITY**

- I acknowledge that this Accident Waiver and Release of Liability form will be used by the event holders, sponsors and organizers, in which I may participate and that will govern my actions and responsibilities at said events.
- I am aware of and appreciate the inherent risks involved in such competition, including the possibilities of injury and even death. Therefore, I assume full responsibility to inform myself as to all dangers and risks and I sign this Accident Waiver and Release of Liability as a legally binding method of personally assuming all of these risks. In consideration of my entry I agree to execute this Accident Waiver and Release of Liability.
- I certify that I am physically fit, have sufficiently trained for participation in the event and have not been advised otherwise by a qualified medical person. If requested, I agree to provide with my entry form a signed doctor's certificate attesting to my physical fitness to participate in the said event.
- I hereby consent to receive medical treatment, which may be deemed advisable in the event of injury, accident and/or illness during the event.
- I hereby acknowledge that I have sole responsibility for my personal possessions and swimming equipment during the event.
- In the event that I exceed the nominated time limit and have not completed the course, I agree to leave the water when asked to by the officials or their representatives conducting the event.
- I hereby agree that in the event of cancellation due to storm, rain, inclement weather, winds or other 'Acts of God' the event organizers have the right to reschedule the event to another day of their choosing.
- I hereby certify that I have read the rules and these Conditions of Entry and agree to abide by them and I understand its content.

\_\_\_\_\_  
Participant's Signature

\_\_\_\_\_  
Print Participant's Name

\_\_\_\_\_  
Date

### **Parent/Guardian Waiver for Minors (under the age of 16)**

The undersigned parent and natural or legal guardian does hereby represent that he/she is, in fact, acting in such a capacity and agrees to save and hold harmless and indemnify each and all of the parties referred to above from all liability, loss, cost, claim or damage whatsoever which may be imposed upon said parties because of any defect in or lack of such capacity to act, and release said parties on behalf of the minor and the parents or legal guardian.

\_\_\_\_\_  
Parent/Guardian Signature

\_\_\_\_\_  
Print Parent/Guardian Name

\_\_\_\_\_  
Date

**ST. LUCIA AMATEUR SWIMMING ASSOCIATION  
PITONS OPEN WATER SWIM 2009**

**ENTRY FORM**

**REGISTRATION # (For Official Use)** \_\_\_\_\_

**EVENTS (please check):** 100m \_\_\_\_\_ 1 km \_\_\_\_\_ 5 km \_\_\_\_\_

**LAST NAME (SURNAME)** \_\_\_\_\_

**FIRST NAME** \_\_\_\_\_

**PERMANENT ADDRESS** \_\_\_\_\_

**MAILING ADDRESS** \_\_\_\_\_

**DATE OF BIRTH** \_\_\_\_/\_\_\_\_/\_\_\_\_ **AGE ON RACE DAY** \_\_\_\_\_  
                    MONTH    DAY    YEAR

**TELEPHONE NO. (H)** \_\_\_\_\_ **(W)** \_\_\_\_\_ **CELL** \_\_\_\_\_

**EMAIL** \_\_\_\_\_

**EMERGENCY CONTACT NUMBER** \_\_\_\_\_

**NEXT OF KIN** \_\_\_\_\_

**CLUB/COMPANY/ORGANIZATION/OTHER** \_\_\_\_\_

**DO YOU SUFFER FROM ANY MEDICAL CONDITIONS?** \_\_\_\_ YES \_\_\_\_ NO

**IF YES, PLEASE EXPLAIN** \_\_\_\_\_

\_\_\_\_\_  
**I hereby declare that the above particulars are correct. I confirm that I will abide by all the rules and conditions as laid down by the organizers of this competition.**

\_\_\_\_\_  
Print Participant's Name

\_\_\_\_\_  
Signature of Participant

\_\_\_\_\_  
Date