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ANTIGUA & BARBUDA SWIMMING FEDERATION (ABSF)

PRESENTS

30TH ANNUAL NATIONAL OPEN WATER CHAMPIONSHIPS

1.4K | 2.6K | 5K

SUNDAY, 27th November, 2016

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 swim with Antigua's finest swimmers. This event is to be held at Fort James Beach, St. John's Antigua on Sunday, 27th November 2016.

Age Groups: *Individual Events* 8 and under, 9-10yrs, 11-12yrs, 13-14yrs, 15-16, 17-18yrs, 19-24yrs, 25-34yrs, 35-44yrs, 45 and over

Host: Antigua and Barbuda Swim Federation (ABSF)

Date: Sunday, 27th November, 2016

Time: 11:00am



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Venue & Course: 600m x 300m x 300m triangular course demarcated 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.

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.

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.

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Entry Deadline: Saturday 19th November, 2016. Payments and entries are to be submitted at the Athletic Club front desk.



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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 in the water. 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 19th 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.

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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. Competitors 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. 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 touching the finish bar.
 - 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 touching the finish bar.
 - 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 touching the finish bar.
5. 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.
6. At the starting and finishing points of the race, the use of the swimming caps provided by the organizers is obligatory. The use of goggles, earplugs and substances to protect the skin will be permitted.
7. Any swimmer using flippers or an object which allows him to float will be disqualified. The same penalty will apply to any illicit means used to obstruct a competitor or to any swimmer accompanied by another person swimming beside him to urge him on.



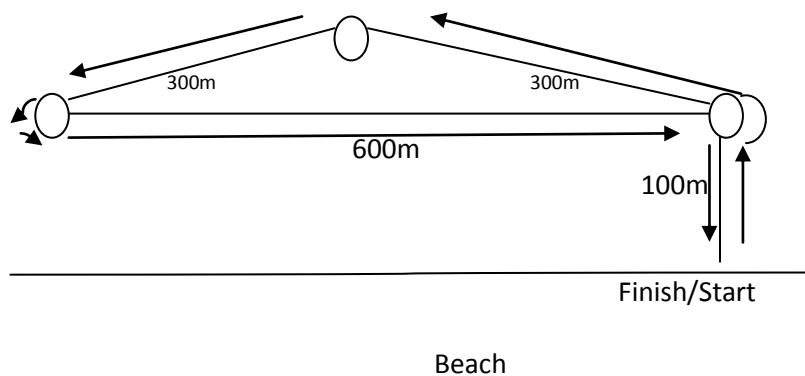
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8. Any coach, guide or person responsible for the swimmer who fails to comply with the regulations in any way will be suspended or banded from participation in the race. This may also result in the disqualification of the swimmer.
9. Buoys will be placed at intermittent levels along the course. On arrival at the finish, there will be 2 buoys placed with lane going for the final touch at the finish bar.
10. 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.
11. When he/she arrives at the finish of their race they must touch the last buoy before heading to the finish line, where they must also touch the finish bar. Failure to do so will result in disqualification. The swimmer should submit the number given to him/her at the starting point.
12. The swimmers age on **December 31, 2015** determines the age group in which he/she is eligible to swim. Swimmers will compete in the following age groups: 8 and under, 9-10yrs, 11-12yrs, 13-14yrs, 15-16, 17-18yrs, 19-24yrs, 25-34yrs, 35-44yrs, 45 and over.
13. 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
14. 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.
15. Any cases omitted in these rules will be judged by the organizers of the competition and will be as binding as the present rules

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Dated: 29th October, 2016

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.