

ANTIGUA & BARBUDA SWIMMING FEDERATION (ABSF)

PRESENTS

29TH FLOW ABSF ANNUAL NATIONAL OPEN WATER CHAMPIONSHIPS

1.4K | 2.6K | 5K

SUNDAY, 8th November, 2015

Fort James Beach

St. John's, Antigua

The Antigua and Barbuda Swimming Federation 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, 8th November 2015.

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 Swimming Federation (ABSF)

Date: Sunday, 8th November, 2015

Time: 10:00am

Venue: 600m linear course demarked by 2 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 8:30am

Format: Timed Final. The 1.4, 2.6 and 5 kilometer events will be swum simultaneously. 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 requested by visiting www.swimantiguabarbuda.com or secretary@absf.ag. 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.

Entry Deadline: Saturday 31st October, 2015

Please call: Carl Joseph (268-720-9118)

Edith Clashing (268-783-0578)

Check-In: Swimmers should check in by 8:30 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 on the sand.

Finish: All events will finish on the sand. 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 each event.

Officials: Each club participating **is required to provide 2 officials for each race** of the meet. These names should be submitted along with entries to allow a schedule of officials to be made.

Rules:

1. This event will be conducted over distances of 1.4, 2.6 and 5 kilometers at the Fort James Beach on November 8, 2015 commencing at 10:00am. The events will be swum simultaneously. The 1st OECS Open Water Swimming Championship which is a 5k distance will run concurrent with the National OW 5k. Swimmers participating in the OECS OW will be identified by a different coloured cap.
2. Swimmers swimming in the OECS 5k wanting to also participate in the National OW event must also register for this event and pay the registration fee.
3. Competitors are required to be present **30 minutes before the start of the race.**
4. All Swimmers are required to be in good physical fitness for the competition.
5. Swimmers will make an out of water start at the designated starting point.
 - a. One kilometer swimmers will swim one circuit or two (2) laps of the beach for a total distance of 1,400 meters and complete the race by crossing a finish line on the sand.
 - b. Two-kilometer swimmers will swim two circuits or four (4) laps of the course for a total distance of 2,600 meters and complete the race by crossing a finish line on the sand.
 - c. Five-kilometer swimmers will swim four circuits or eight (8) laps of the course for a total distance of 5,000 meters and complete the race by crossing a finish line on the sand.
6. 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.
7. 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.

8. 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.
9. 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.
10. Buoys will be placed at intermittent levels along the course. On arrival at the finish, there will be 2 buoys placed demarcating the finish lane. Swimmers must run out and cross the finish line on the sand for the electronic timer to register the final touch.
11. The signal to start the race will be given simultaneously for all swimmers. The swimmers will assume their start positions as decided upon by the Meet Officials.
12. When he/she arrives at the finish, the swimmer should submit the number given to him/her at the starting point. Failure to do so will result in disqualification.
13. The swimmers age on **December 31, 2014** 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.
14. 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
15. 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.
16. Any cases omitted in these rules will be judged by the organizers of the competition and will be as binding as the present rules

Bernadette Roberts - secretary@absf.ag or
Technical Director, Edith Clashing (268-783-0578, techdir@absf.ag)

Dated: 30th September, 2015

Diagram of course

