

OPEN WATER SWIMMING

SLASU/2018/CIRC/OWS

March 08th 2018

5th ANNUAL 5KM OPEN WATER SWIMMING CHAMPIONSHIPS – AMBALANGODA 2018

Saturday 07th April 2018 – 08:00 am

DOLPHIN AQUATIC CLUB (MADAMPA RIVER), AMBALANGODA

As part of an open water developmental initiative, a 1Km Open Water Swim for the Under 15 age group will also be held to coincide with this event. Specific details are given in this circular overleaf.

GENERAL INFORMATION

1. ENTRIES

- ❖ Entries must be in the attached ENTRY FORMS {ANNEX B} and should be accompanied by the corresponding payment (ANNEX-A) by cheque crossed "Account Payee Only" and made payable to the Sri Lanka Aquatic Sports Union. The entry forms may be reproduced as per your requirements.
- ❖ All required Entry forms must be typed legibly and should contain all required information. Incomplete forms may be rejected.

2. ELIGIBILITY

- ❖ Entries for the above championships will only be accepted from fully paid-up affiliate members and participants registered for open water swimming for 2018.

3. ENTRY FEES

- ❖ Please refer to **ANNEX-A** Column 3 for the respective entry fees.

- ❖ Please refer to ANNEX-A Column 3 for the respective entry fees.
- ❖ All entry fees must be deposited to the following account (Can Be Deposited at Any Branch),
 - Name of the Bank/ Branch - Peoples Bank, Duke Street Branch
 - Account name - Sri Lanka Aquatic Sports Union (SLASU)
 - Account Number - **0011 0012 0003 449**

- ❖ Protests or objections will cost Rs. 500.00 each, and must be submitted in writing within thirty (30) minutes of the conclusion of the respective event.

4. ANNEXURES


- ❖ The following documents are attached.
 1. Payment form
 2. Entry Form, Men & Women
 3. Team Entry Form

5. ENTRIES CLOSE

- ❖ Entries will close on, **02nd April 2018 at 3:00pm** at the SLASU office.
- ❖ Entries without fees and/or late entries will not be accepted under any circumstances.

The 5km Open Water Swimming Championships will be held under the rules of The **SRI LANKA AQUATIC SPORTS UNION (SLASU)**, and where inconsistent the rules of the **FEDERATION INTERNATIONALE DE NATATION (FINA) 2013 – 2017** shall apply.

SRI LANKA AQUATIC SPORTS UNION



B.M.YAHAMPATH – GENERAL SECRETARY

01. GENERAL RULES

A complete briefing of the race conditions will be made to all participants prior to competition. However, SLASU wishes to draw the attention to the following rules interpreted as per the FINA Open Water Swimming Rules (OWS).

- ❖ The Open Water Swimming events shall be Freestyle events (OWS 6.1).
- ❖ No swimmer shall be permitted to use or wear any device which may be an aid to their speed, endurance or buoyancy. Goggles, a maximum of two (2) caps, nose clip and earplugs may be used. Swimmers shall be allowed to use grease or other such substances providing these are not, in the opinion of the Referee, excessive. (OWS 6.9 & 6.10)
- ❖ Swimmers may carry with them sustenance while swimming.
- ❖ All swimmers shall have their competition number displayed in waterproof ink on their upper back, arms and hands (OWS 6.14).
- ❖ In cases of emergency abandonment of a race, the race will be restarted from the beginning at the earliest possible moment (OWS 6.17.1).
- ❖ Private escort safety crafts may be allowed with prior written permission request made to the SLASU at the close of entries. Such escort safety crafts shall be allowed only upon approval and shall be under the strict orders of the Meet Referee. (OWS 6.15, 6.3.2)

02. ENTRIES

- ❖ Each swimmer shall duly complete the Individual Entry Form.
- ❖ Each club/school should also produce a Team Entry Form with a list of names and the registered number of swimmers. Separate lists should be used for men and women.
- ❖ A competitor who is Under 14 years of age may choose to participate either in the OPEN or UNDER 14 category but NOT BOTH.

03. AGE GROUP

- ❖ The **5Km Open Water Swim** shall be open to competitors in the following category:

OPEN (MEN/WOMEN): The competition will be open to all competitors who are at least 14 years of age as at 31st December 2018 (OWS 1.2).

- ❖ The **1Km Open Water Swim** shall be open to competitors in the following category:

UNDER 15 (BOYS/GIRLS): Open to competitors who are between the ages of 13 and 14 years as at 31st December 2018. (i.e. Born in 2004 and 2005)

- ❖ A competitor who is Under 15 years of age may participate either in the 5Km event or 1Km event but NOT BOTH.

04. DURATION OF THE COMPETITION

- ❖ The race shall finish within 30 minutes of the finish time of the first swimmer. Competitors who do not finish the course within the time limit shall be removed from the water except that the referee may allow a competitor outside the time limit to complete the course but will be designated as DNC (did not complete) (OWS 6.16.1 & 2).

05. THE START OF THE EVENT

- ❖ The proposed start time for the **5 Km open water** events is **8:30 am** & **1 Km Under 15** is **10.00 am**. However, the time may be subjected to change with adequate notice. Details of the course, starting point, etc shall be provided at a briefing after the closing of entries.
- ❖ The race shall start with all competitors standing on a fixed platform or in a depth of water sufficient for them to commence swimming at the start signal (OWS 4.1).
- ❖ Warm Up should be completed before 7:30am.

06. AWARDS

- ❖ Medals will be presented to the first three places in the respective age groups.
- ❖ Certificates will be presented to all participants completing the swim within the official time.

07. POINTS

- ❖ Points shall be awarded in keeping with FINA GR 9.8.2 as at below:

Place	1	2	3	4	5	6	7	8	9	10	11	12 & After
Points	18	16	14	12	10	8	6	5	4	3	2	1

- ❖ A Team Trophy will be awarded based upon the points achieved under the above rule on the individual events.

5th ANNUAL 5KM OPEN WATER SWIMMING CHAMPIONSHIPS – AMBALANGODA 2018

TO: THE TREASURER
SRI LANKA AQUATIC SPORTS UNION
ADMINISTRATIVE OFFICE
4-1/1 THIMBIRIGASYAYA PLACE
COLOMBO 00500

PAYMENT FORM

NAME OF ORGANIZATION: _____ REG. NO _____

EVENT 01	ENTRY SHEET NO(S) 02	ENTRY FEE 03	NUMBER OF ENTRIES x FEE 04	TOTAL AMOUNT 05
5 KM OPEN WATER SWIMMING – MEN		Rs: 200.00	x 200.00	
5 KM OPEN WATER SWIMMING – WOMEN		Rs: 200.00	x 200.00	
1 KM OPEN WATER SWIMMING – UNDER 15 BOYS		Rs: 200.00	x 200.00	
1 KM OPEN WATER SWIMMING – UNDER 15 GIRLS		Rs: 200.00	x 200.00	
TOTAL				

WE CERTIFY THAT THE COMPETITORS ENTERED ARE PRESENT STUDENTS/MEMBERS OF THIS SCHOOL/CLUB.

PRINCIPAL / SECRETARY

TEACHER IN CHARGE / CLUB CAPTAIN

TELEPHONE NO: (Preferably Mobile)

- (I) PLEASE USE THE CORRECT ENTRY FORM FOR EACH DISCIPLINE SUBMITTED.
- (II) SLASU COMPETITOR REGISTRATION NUMBER MUST BE ENTERED.
- (III) SEPARATE APPLICATIONS FORMS MUST BE SUBMITTED FOR MEN & WOMEN.
- (IV) PAYMENT MUST ACCOMPANY ENTRY FORM.

5th Annual 5Km Open Water Swimming Championships – Ambalangoda 2018

1KM Open Water Swimming Championships (Under 15) – Ambalangoda 2018

INDIVIDUAL ENTRY FORM

FAMILY NAME		REGISTRATION NO.	
GIVEN NAME		DATE OF BIRTH (day/month/year)	
CLUB/SCHOOL		MALE/ FEMALE	

COMPETITOR'S DECLARATION

"I, the undersigned declare that I am fit to compete in the above event. I further certify that I am aware of the perils of open water swimming and that I shall not hold neither the delegate nor the officials responsible in any way for loss, harm, accident, illness caused by natural perils of nature during my participation.

Signature of Competitor

Date

Signature and Name of Parent / Legal Guardian

Date

Note 2: If the competitor is below the age of 18 years at the time of the competition, a parent or legal Guardian needs to sign above

5th Annual 5Km Open Water Swimming Championships – Ambalangoda 2018

1KM Open Water Swimming Championships (Under 15) – Ambalangoda 2018

TEAM ENTRY FORM

ORGANIZATION:

Please fill separate entry forms for men and women.

COPY AS NEEDED

MEN

WOMEN

NO.	NAME	REG. NO	DATE OF BIRTH	5 KM OPEN	1 KM UNDER 15
<p>WE CERTIFY THAT THE COMPETITORS ENTERED ARE CURRENT MEMBERS OF OUR ORGANIZATION AND THAT THE RULES AND REGULATIONS OF THE EVENT HAVE BEEN READ AND UNDERSTOOD BY THE COMPETITORS.</p>			<p>SECRETARY / TEACHER IN CHARGE</p>		