

SLASU/2019/CIRC/OS
December 11th, 2018

9th ANNUAL 5KM OPEN WATER SWIMMING CHAMPIONSHIPS – COLOMBO 2019
Sunday 06th, January 2019
GALLE FACE COLOMBO

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 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 2019.

3. 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.1000.00 each, and must be submitted in writing within thirty (30) minutes of completion of the respective event.

4. ANNEXURES

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

5. ENTRIES CLOSE

- ❖ Entries will close on Monday, 24th December 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) 2017 – 2021** shall apply.

SRI LANKA AQUATIC SPORTS UNION

Ruwan Sathkumara – Chairman

1. 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)
- ❖ **Athletes, who place first 10 places from this event, will be taken for National Open water Pool in 2019.**
- ❖ **The results of 9th Galle Face 5 Km – 2019 Sea Swim will be considered for any 5Km International Events selection in 2019 (From 01st February to 31st December 2019) with the swimmers Over-18 for the Open Category events and swimmers Under-18 for Age Group events.**

2. 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.

3. AGE GROUP

- ❖ The competition will be open to all competitors who are at least 14 years of age as at 31st December 2019 (OWS 1.2).

4. 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).

5. THE START OF THE EVENT

- ❖ Girls and Junior Boys events will start together at 7:30 AM and as soon as the event is completed the Open Category event will commence.
- ❖ The proposed start time for the Senior Men & Women is 8:30am. However, the time may be subject to change with adequate notice. Details of the course, etc shall be provided at a briefing after the close of entries.
- ❖ The race shall start with all competitors standing on a fixed platform or in water depth sufficient for them to commence swimming on the start signal (OWS 4.1).
- ❖ Warm Up should be completed before 7:30am. The safety of the swimmer during warm-up shall be the individual's personal responsibility.

6. AWARDS

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

7. DOPING CONTROL

- ❖ Doping control may be conducted according to procedures laid down by the World Anti-Doping Agency (WADA) and the Sri Lanka National Anti-Doping Agency.
- ❖ SLASU is fully abided by the Sri Lanka Anti Doping Agency Rules and Regulations.

8. 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.