



**2013 ASAJ OPEN WATER CARIFTA TRIALS
– Sanction #**

- VENUE:** Discovery Bay, St. Ann (5 KM), Jamaica
Manual timing will be used
- DATES & TIMES:** Sunday February 24 2013 8:30 AM
Marshalling begins at 8:00 AM
- ELIGIBILITY:** All Clubs and Swimmers registered with the ASAJ or other FINA affiliated Federations. Swimmers from other organizations are eligible subject to ASAJ approval
Age Group Swimming - Ages for the meet shall be as of midnight December 31 2012
Masters Swimming - Ages for the meet shall be as of midnight December 31 2013
- ENTRY FEES:** J\$500.00 (for ASAJ registered swimmers)
- RULES:** FINA rules appropriate for open water events in force at time of competition will apply. Additional Rules and Regulations see below.
- REGISTRATION & ENTRY DEADLINE:** Entry Registration at the venue Puerto Seco Beach
Closes at 7:30 AM on Sunday February 24, 2013
Entry fees are payable at the time of submission of entries

1. RULES AND REGULATIONS

- 1.1. Roll call and briefing of entrants will be taken at 8:00am
- 1.2. Swimmers will be assembled at the starting line at 8:20 am
- 1.3. The race will begin at 8:30am
- 1.4. The course will be clearly demarcated by ropes and buoys
- 1.5. The events will be contested over 5 Km :
- 1.6. Competition will take place in the 13-14 and 15 - 17 age groups
- 1.7. **All events will end at designated finish line at Puerto Seco Beach end of the course.**
- 1.8. The referee shall signal to swimmers, by raised flag and short blasts on the whistle, that the start is imminent and, when satisfied, indicate by pointing the flag at the starter that the competition may commence.
- 1.9. The starter shall be stationed in such a position as to be clearly visible to all competitors and on signal of the referee, the starter will raise a distinctive flag into the vertical position and simultaneously bring the flag down, and activate an audible signal.
- 1.10. At the start, swimmers will start from in the water
- 1.11. Obstructing, interfering with or making intentional contact with another swimmer shall, if in the opinion of the referee be deemed to be “**unsporting impedance,**” lead to disqualification.

- 1.12 Rescue boats shall be strategically located along the course to assist swimmers who are believed to be in difficulty or who signal for assistance. Their staff will include trained lifeguards.
- 1.13 Water will available for swimmers during the race at course markers/buoys.
- 1.14 With the exception of (1.12) above, swimmers shall not receive support from any fixed or floating object and shall not touch or be touched by any safety craft or crew therein
- 1.15 Swimmers shall not be disqualified for standing during of the race, **but walking/running is not allowed**, except for two parts of the race:
 - a) from the starting line to the first marker buoy
- 1.16 All swimmers shall have their competition number clearly displayed on their swim caps which will be mandatory in this competition
- 1.17 No swimmers shall be permitted to use or wear any device that may be an unfair aid to their speed , endurance or buoyancy. Goggles, caps, nose clips and ear plugs may be used. No snorkels or fins are allowed.
- 1.18 Swimmers shall be allowed to use grease or other such substances as long as these are not, in the opinion of the referee, excessive.
- 1.19 The pacing of a swimmer by a non-competitor entering the water is not permitted and shall result in disqualification of the swimmer
- 1.20 In case of difficulty in the water the swimmer should extend hands in an upward position, signaling that help is required
- 1.21 At 10:35am (ie 2 hours after the start) any swimmer still in the water shall be picked up by the rescue boats
- 1.22 The referee shall have full control and authority over all officials and shall adjudicate on all protests related to the conduct of the race, including final placing, if necessary. The referee's decisions shall be final.
- 1.23 Payment of entry fee and participation in the race shall be deemed to signify agreement with and acceptance of these rules.

2. Masters Swimming:

- 2.1. Masters will compete in the 18 and over age group