

**Swim England Open Water National Age Group Championships 2019**  
**Rother Valley Country Park**

**Monday 5 August 2019**

**MINIMUM ENTRY QUALIFYING TIMES**  
**LONG COURSE POOL QUALIFYING ONLY**

**Age at 31 December 2019**

**1500m**

|        | 12       | 13       | 14       | 15       | 16       | 17/18    | 19 & over |
|--------|----------|----------|----------|----------|----------|----------|-----------|
| Female | 21.03.00 | 19.13.30 | 18.39.20 | 18.04.50 | 18.00.00 | 17.35.40 | 17.27.80  |
| Male   | 20.11.20 | 18.47.30 | 17.49.40 | 17.10.00 | 16.53.40 | 16.19.60 | 16.12.20  |

**800m**

|        | 12       | 13      | 14      | 15      | 16      | 17/18   | 19 & over |
|--------|----------|---------|---------|---------|---------|---------|-----------|
| Female | 10.31.10 | 9.53.50 | 9.35.30 | 9.22.50 | 9.15.30 | 9.07.60 | 8.58.20   |
| Male   | 10.35.90 | 9.52.40 | 9.23.20 | 9.00.00 | 8.48.90 | 8.30.80 | 8.28.50   |

- **All competitors must have equalled or bettered the entry time in an event designated or licensed by Swim England, Scottish Swimming or Swim Wales for entry into National competitions or, for overseas competitors, approved by their federation. Times must have been achieved since 1 July 2018 and the event closing date.**  
**Closing Date for Pool Based Entries 12 noon, Friday 5 July 2019.**
- **Competitors placed first, second and third in a Swim England Regional Open Water Championships, being a member of a club in that Region, or the nominated Scottish Swimming or Swim Wales Open Water Championships, who does not achieve entry by means of a pool based swim, may also enter the Open Water National Age Group Championships providing the distance swum is equivalent to that to be swum at the Open Water National Age Group Championships for that age group. (Age Groups & Distances see condition 5 below)**

**Conditions**

1. The Swimming Management Group (“the Group”) reserves full powers over the Open Water National Age Group Championships (“the National Championships”), including but not limited to cancelling, postponing or changing the National Championships venue and/or format due to reasons beyond its reasonable control.
2. The National Championships shall be held under Swim England Regulations and FINA Technical Rules of Open Water Swimming.
3. A competitor must be a registered member of the club in whose name he/she is entered, at the date of making the initial entry. Competitors may enter in the name of one club only. The club must be offered by the online entry system.
4. Overseas competitors will be accepted if they are from one of the countries affiliated to FINA.
5. Age Groups and Distances are: Girls & Boys: 12/13yrs – 2km; 14/15yrs – 3km; 16 & over - 5km.
6. Ages as at: 31 December 2019.
7. Medals will be awarded to the first 3 male and female competitor in each of the following age groups:- 12, 13, 14, 15, 16, 17/18, 19+.
8. An award will be made to the Top Club based on points scoring.
9. A cut off time limit of 30 minutes after the first competitor in each competition has finished shall operate.
10. Registration: Competitors MUST sign in at the registration desk at the appropriate time.

11. Any competitor representative (coach/ team manager/ chaperone) not attending the briefing may result in the competitor NOT being allowed to swim.
12. Competitor No: Competitors must have their number displayed on their back or upper arms AND WEAR THE ELECTRONIC CHIP AND/OR WRIST BAND PROVIDED.  
When Wetsuits are in use only the Hands and Hat will be numbered.
13. Water Temperature & Swimwear
  - (a) Water Temperature 20 degrees or above:- Swimming costumes must comply with FINA Open Water Rules.
  - (b) Water Temperature 18-19.9 degrees:- Competitors may choose to wear a Wetsuit or a Swimming Costume. Both must comply with FINA Open Water Rules.
  - (c) Water Temperature 16-17.9 degrees:- Competitors must wear a FINA approved Wetsuit.
14. Swim Gear: No competitor shall be permitted to use or wear any device, which may be an aid to their speed, endurance or buoyancy. Goggles, cap, nose clip and earplugs may be used. Only one costume is allowed.
15. Grease: Competitors shall be allowed to use grease or other substances providing these are not deemed as excessive, in the opinion of the Referee.
16. Safety and Conditions:
  - (a) Water temperature will be monitored in the run up to the National Championships.
  - (b) On the day of the National Championships, prior to the start of the competition, the course will be inspected and water temperature measured to ensure all of the safety requirements are met and the conditions are suitable for staging the National Championships.
  - (c) Reasonable modifications may be made to the course or the manner in which the National Championships is conducted based on the conditions at the time.
17. Cancellations:
  - (a) If the conditions are deemed to be unsuitable and not safe at the National Championships, a decision may be made to cancel or stop the National Championships.
  - (b) Full refunds of entry fees to the National Championships will be offered to all competitors.
  - (c) No refunds will be offered for any other expenses incurred in relation to the National Championships.
  - (d) If a Regional Open Water Event is cancelled, due to unsuitable conditions, there will be no qualifiers for the National Championships from that event. If it is possible to accommodate these competitors in another Regional Event this will be acceptable for qualification to the National Championships.

### **Guidance from British Swimming on the use of Wetsuits**

The following guidance has been issued by the British Swimming Officials Group relative to the suitability of Wetsuits in Open Water Competition:

*"This rule change has been brought about to increase safety for competitors in water between 16° - 18° (compulsory) and 18° - 20° (optional). In accordance with other swimsuit rules British Swimming will conform to the intention of the rule. We do not provide interpretation of FINA rules – only FINA as the governing body can interpret their own rules.*

*However, to provide guidance, the discussion to date has been around what would constitute coverage of the shoulder. An informed view is that to ensure complete coverage of the shoulder the wetsuit must include a sleeve, as a minimum polo or 'T' shirt length covering the full shoulder and upper arm in order to maintain shoulder cover during swimming, full arm to wrist has been suggested although elbows do not feature in the rule, whereas coverage of knees as a mid-limb joint in respect of leg length of a wetsuit is.*

*It is expected that officials will apply common sense when dealing with references to neck, wrists and ankles. As in all Open Water events held in the home counties of England Scotland and Wales the Chief Referee will have responsibility for the overall management of the rules."*