



Presents the 2009/10 SBS Southland Open Water Swimming Series

Swimming Southland, the Southland Triathlon and Multisport club and Foveaux Masters Swimming Club are organising a 4 race Open water swimming series at the following locations:

Sunday 29/11/09	Gore	2.00pm	Entries close 22/11/09
(Reserve day Sat 5/12/09)			
Saturday 19/12/09	Riverton	4.30pm	Entries close 13/12/09
(Reserve day Sun 20/12/09)			
Saturday 13/2/10	Awarua Bay	2.00pm	Entries close 7/2/10
(Reserve day Sun 14/2/10)			
Sunday 14/3/10	Gore	2.00pm	Entries close 7/3/10
(Reserve day Sun 21/3/10)			

Registration from 30 minutes prior to start, Safety briefing 15 minutes prior to start.

The races in Gore on the 14/3/10 also double as the 2009/10 Southland Championships for Swimming Southland affiliated swimmers in the following male and female age categories 11/12 years, 13/14 years, 15/16 years and Open. Age is as at 14/3/10.

Entry Criteria

All races will be run under FINA, Swimming NZ and Swimming Southland rules as set down by the organising committee. These are listed on page 2.

Age Groups (Mens & Womens) and approximate distances:

Open, 15/16 years and Masters	2km
13/14 years, and Masters	1km
11/12 years	500m
Open	5km (only available at events 1 and 3)
NB Masters age groups	20-39, 40-59, 60 & O

Entry fees \$10 per event. Check out the discounted entry fees for entering all four races

Individual prizes for each series race along with an overall series prize. The race awards will be presented after each event and the series awards and Southland Championship awards will be made after the event on the 14/3/09 in Gore.

Points awarded as follows:-

1st 10pts, 2nd 8 points, 3rd 6 points, 4th 4 points, 5th 2 points

Entries are to be forwarded by email or post on the attached entry form to:

Executive Officer – Swimming Southland

78 Norton St

Gore

admin@swimsouthland.org.nz

Rules and conditions of entry

- Open Water swimming can be hazardous and swimmers must be well prepared and medically fit. Swimmers should consult your doctor if you have any doubts about medical fitness to swim up to 2km in cold water.
- While every endeavor will be made for your safety, the organizers cannot be held responsible for any accident in or out of the water.
- You enter at your own risk. To ensure safety all participants must attend the race briefing 15 minutes prior to the start.
- Registration is from 30 minutes prior to the start.
- The Safety Officer has the sole responsibility of deciding on the race should conditions be unsuitable on the day. FINA rules will apply in making this decision.
- Cancellations will be announced over the radio with a full refund of any entry fees paid.
- Age for age group competitors is as at 14/3/10
- Age for Masters competitors is as at 31/12/10
- Swimwear. A swimmer can wear a wetsuit and up to 2 normal swim caps. Wetsuit type head covering, booties and gloves will not be permitted.
- It is expected that swimmers will take no longer than 30 minutes per kilometre in the water and after the following times the swimmer maybe withdrawn by the safety officer.

500m	15 minutes
1000m	30 minutes
2000m	60 minutes
5000m	only for experienced competitors

- **Please ensure that you read the entry form carefully before signing**

Other Information

The organisers intend to run a social function after the final event in Gore. Further information will be supplied closer to the time.

The organisers are indebted to our sponsors of this series.



The Foveaux Masters Swimming Club is also running two open water swimming events which do not form part of the series.

All competitors are invited to participate in these events as well. The Foveaux Masters club advises that these are tough events and therefore must restrict entry to those swimmers aged 16 years and over.

These are being run on the following days

Saturday 9/1/10 – Te Anau

Saturday 23/1/10 – Lake Hayes



Entry Form

Open Water Swim Series 2009/2010

Full Name

Address

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Phone

Email

Date of Birth **(Parent or coaches consent required if under the age of 16 years)**

Please enter me in the following events (Please circle)

Event 1 Sunday 29/11/09 Gore **(Reserve day Sat 5/12/09)**

Event 2 Saturday 19/12/09 Riverton **(Reserve day Sun 20/12/09)**

Event 3 Saturday 13/2/10 Awarua Bay **(Reserve day Sun 14/2/10)**

Event 4 Sunday 14/3/10 Gore **(Reserve day Sun 21/3/10)**

Please enter me in the following race/s (please circle)

- | | | | |
|--------------|------------------------------|--------------|-----|
| 1 Open | 2km | 2 Masters | 2km |
| 3 15/16 year | 2km | | |
| 4 Open | 5km (only at events 1 and 3) | | |
| 5 Masters | 1km | 6 13/14 year | 1km |
| 7 11/12 year | 500m | | |

Entry Fees: \$10 per event per race.

Early Bird Discount: Enter all four events at the discounted rate of \$32

Please send payment with entries and make cheque payments for entry fees out to Swimming Southland to PO Box 13 Gore.

Acknowledgement and Conditions

- 1 I will attend the race briefing and pay regards to directions given.
- 2 I am medically fit and able to compete in this open water swim.
- 3 I am aware of and appreciate the inherent risks involved in competing in an open water swim event, including the possibility of injury or accident.
- 4 I undertake to compete in the event in a safe and proper manner and to do nothing which would expose me or fellow competitors to unnecessary risk or injury.
- 5 I acknowledge that the organizers of the open water swim are unable to guarantee my safety.
- 6 I undertake to inform the organizers of any concerns which I may have as regards the safe conduct of the swim.
- 7 I am not suffering from any medical conditions or disability which would make it inadvisable for me to compete in this event.
- 8 I have read and understood the above provisions and agree to abide by them.

Signature of Competitor

Signature of Parent or Coach