

# ST LUCIA AMATEUR SWIMMING ASSOCIATION

In conjunction with

## SOUTHERN FLYING FISH SWIM CLUB

### LABORIE OPEN WATER SWIM LABORIE

#### SUMMONS

**1KM & 5 KM SWIMS**  
plus special  
100 Metres Sprint Events  
Fun Events

**Friday 15 June 2008**

**LABORIE  
ST. LUCIA  
WEST INDIES**

Sponsored by:

***Paradise Water***

## **LABORIE OPEN WATER SWIM, LABORIE**

**EVENT DATE:** SUNDAY 15<sup>th</sup> June 2008

**COURSE:**

1. 5 km swim in a course laid down.
2. 1 km swim in a course laid down.
3. 100 Metres Sprint Event swim in courses laid down.

The Courses Will Be Marked With Buoys and Flags.

### **AGE GROUPS:**

1. 5 km race – Open event (no age groups), open to swimmers aged 12 and over.
2. 1 km race – Open event (no age groups), open to swimmers aged 9 and over to be swum in 2 categories 12 & under and 13 & over.
3. 100 Metres Sprint Event will be swum in Age Groups as follows:
  - 10 and under
  - 11 to 14 years
  - 15 & Over
  - Masters (over 25 years)

**SAFETY:** Your safety is our most important concern. There will be boats and paddlers on kayaks patrolling the course. Swimmers are responsible for their own physical condition and are encouraged to train adequately and have a physical checkup prior to the swim.

**NUMBERING:** On race day, all swimmers will be numbered on both shoulders. Swimmers will be disqualified if not numbered.

**ESCORTS:** To ensure fair competition, no escorts other than approved escorts such as persons on surfboards, kayaks or boats are permitted.

**SWIM AIDS:** This is a swimming event: flotation devices, snorkels, fins, wet suits of any kind or any other swim aids are prohibited. Goggles and caps are strongly recommended.

**VISIBILITY:** Generally clear

**WATER TEMPERATURE:** approximately 26°C

**DAY TIME TEMPERATURE RANGE:** 27°C - 30°C

**ENTRY FEE:** EC\$2 per swimmer for 100 Metres Sprint  
EC\$5 per swimmer for each of 1 km and 5 km events  
**OVERSEAS SWIMMERS : US\$5 per event**

- CHECK IN:** 12:00 noon
- PRE-RACE INSTRUCTIONS:** 12:45 pm
- START TIME:** 1:00 pm (1 km Swim)  
2:00 pm (100 Swim)  
3:00 pm (5 km Swim)  
Fun events will be swum during the swimming of the 5 km swim
- PROTESTS:** Must be submitted to referee within 30 minutes after finish of event.
- T-SHIRTS:** Event T-Shirts will be on sale.
- AWARDS:**
- 1. 100m Sprint: Medals** will be presented to the top three finishers (**male and female**) in each Age Group including masters. In addition, there will be a **trophy** awarded to the fastest male and female swimmer overall in this event.
  - 2. 1 km and 5 km events : Trophies** will be presented to the top three finishers (**male and female**) in the 1 km and 5km swimming events.
  - 3. Participation certificates** will be awarded to all swimmers who complete any of the swims except the fun events.  
The awards ceremony will commence 30 minutes after the completion of all events.

## THE START

- Competitors shall assemble at the starting area 30 minutes prior to the start of the event.
- At this time all swimmers shall have their competition number clearly displayed on both shoulders.
- Competitors shall line up at the specified start position in accordance with the instruction of the person in charge.
- Competitors must not touch the rope indicating the start line until the signal is given.

## THE FINISH

- The competitor ends the race when he/she swims past the last buoy and crosses the finish line located approximately 10m from shore.
- The finish order of the swimmers shall be confirmed and decided by the Finish Judges.

- The cut-off time limits shall be 10 minutes after the tenth (10<sup>th</sup>) male and female swimmer crosses the finish line for the 1 km swim, and 30 minutes after the tenth (10<sup>th</sup>) male and female swimmer crosses the finish line for the 5 km swim.

## **RESULTS**

- Official results shall not be announced until the last swimmer finishes within the time limit. All times and finishing order are provisional up to that point.
- Official results shall be announced when competition is finished and the referee confirms the places and times.
- Results will be posted on the SLASA website : <http://www.slasa.info>

## **MEDICAL SERVICE**

- Physicians will be on duty at the competition venue to provide medical treatment. Physicians will be stationed at the competition Headquarters.
- A boat will be provided at the course supported by a rescue crew.

## **FOOD**

- Food and water will be on sale by Southern Flying Fish Swim Club close to the Race Headquarters

## **CONTACT PERSONS:**

**Joyce Huxley** Secretary, St. Lucia Amateur Swimming Association  
Tel: 718 7600  
e-mail: [joyce.huxley@candw.lc](mailto:joyce.huxley@candw.lc)

**Marcus Day** President, St. Lucia Amateur Swimming Association  
Tel: 458 2795  
e-mail: [daym@candw.lc](mailto:daym@candw.lc)

**Mark Cozier** President, Southern Flying Fish Swim Club  
Tel: 454 6850  
e-mail: [mcozier@gcguvf.com](mailto:mcozier@gcguvf.com)

**David Moyston** Vice President-Technical, St. Lucia Amateur Swimming Association  
Tel: 719 7398  
e-mail: [upfull48@yahoo.com](mailto:upfull48@yahoo.com)

**ST. LUCIA AMATEUR SWIMMING ASSOCIATION  
LABORIE OPEN WATER SWIM**

**RULES**

The spirit of friendly competition should be maintained throughout the event. Any un-sportsman-like conduct will be grounds for immediate disqualification. Decisions of the event officials are final and not subject to appeal. All complaints must be written, signed and filed with the Event Director 30 minutes of the finish of the event.

1. Entry forms must be fully completed and signed.
2. Competitors must keep within the defined course for all events as instructed.
3. Competitors must complete the course unassisted.
4. Competitors leaving the water before the Finish will be deemed as failing to complete the course.
5. Competitors failing to complete the course must report to the starting line. Swimmers must not leave the area without reporting to the recorders.
6. Competitors must ensure that as they pass through the finish line their number is recorded correctly.
7. Power driven craft are prohibited from the course (except for emergency craft). No personal escorts are permitted.
8. If in trouble, raise your arm and wait for help from one of the support craft or swim towards the shore.
9. A cut-off time for the 1 km swim of 10 minutes after the 10<sup>th</sup> place swimmer has finished in each race in this category will be applied.
10. A cut-off time for the 5 km swim of 40 minutes after the 10<sup>th</sup> place swimmer male and female has finished will be applied.
11. Swimmers will be required to have an official race number on both arms. This must remain on the individual throughout the event.
12. Organizers reserve the right to accept, reject and cancel entries.
13. No swimmer shall be awarded a place unless carrying an official number.
14. Medical staff shall have the ultimate and final authority to remove a competitor from the race if the competitor is judged to be physically incapable of continuing the race without risk of serious injury.

**IMPORTANT!**

**ACCIDENT WAIVER AND LIABILITY RELEASE MUST BE SIGNED FOR ENTRY TO BE ACCEPTED!**

**ACCIDENT WAIVER AND RELEASE OF LIABILITY**

- I acknowledge that this Accident Waiver and Release of Liability form will be used by the event holders, sponsors and organizers, in which I may participate and that will govern my actions and responsibilities at said events.
- I am aware of and appreciate the inherent risks involved in such competition, including the possibilities of injury and even death. Therefore, I assume full responsibility to inform myself as to all dangers and risks and I sign this Accident Waiver and Release of Liability as a legally binding method of personally assuming all of these risks. In consideration of my entry I agree to execute this Accident Waiver and Release of Liability.
- I certify that I am physically fit, have sufficiently trained for participation in the event and have not been advised otherwise by a qualified medical person. If requested, I agree to provide with my entry form a signed doctor’s certificate attesting to my physical fitness to participate in the said event.
- I hereby consent to receive medical treatment, which may be deemed advisable in the event of injury, accident and/or illness during the event.
- I hereby acknowledge that I have sole responsibility for my personal possessions and swimming equipment during the event.
- In the event that I exceed the nominated time limit and have not completed the course, I agree to leave the water when asked to by the officials or their representatives conducting the event.
- I hereby agree that in the event of cancellation due to storm, rain, inclement weather, winds or other ‘Acts of God’ the event organizers have to right to reschedule the event to another day of their choosing.
- I hereby certify that I have read the rules and these Conditions of Entry and agree to abide by them and I understand its content.

\_\_\_\_\_  
Participant’s Signature

\_\_\_\_\_  
Print Participant’s Name

\_\_\_\_\_  
Date

**Parent/Guardian Waiver for Minors (under the age of 16)**

The undersigned parent and natural or legal guardian does hereby represent that he/she is, in fact, acting in such a capacity and agrees to save and hold harmless and indemnify each and all of the parties referred to above from all liability, loss, cost, claim or damage whatsoever which may be imposed upon said parties because of any defect in or lack of such capacity to act, and release said parties on behalf of the minor and the parents or legal guardian.

\_\_\_\_\_  
Parent/Guardian Signature

\_\_\_\_\_  
Print Parent/Guardian Name

\_\_\_\_\_  
Date

**ST. LUCIA AMATEUR SWIMMING ASSOCIATION  
SOUTHERN FLYING FISH  
LABORIE OPEN WATER SWIM**

**ENTRY FORM**

**REGISTRATION # (For Official Use)** \_\_\_\_\_ **Event(s)** \_\_\_\_\_

**LAST NAME (SURNAME)** \_\_\_\_\_

**FIRST NAME** \_\_\_\_\_

**PERMANENT ADDRESS** \_\_\_\_\_

\_\_\_\_\_

**MAILING ADDRESS** \_\_\_\_\_

\_\_\_\_\_

**DATE OF BIRTH** \_\_\_\_/\_\_\_\_/\_\_\_\_ **AGE ON RACE DAY** \_\_\_\_\_  
                  **MONTH DAY YEAR**

**TELEPHONE NO. (H)** \_\_\_\_\_ **(W)** \_\_\_\_\_ **CELL** \_\_\_\_\_

**EMAIL** \_\_\_\_\_

**EMERGENCY CONTACT NUMBER** \_\_\_\_\_

**NEXT OF KIN** \_\_\_\_\_

**CLUB/COMPANY/ORGANIZATION/OTHER** \_\_\_\_\_

**EVENT(S) ENTERED** \_\_\_\_\_

**DO YOU SUFFER FROM ANY MEDICAL CONDITIONS?** \_\_\_\_ **YES** \_\_\_\_ **NO**

**IF YES, PLEASE EXPLAIN** \_\_\_\_\_

\_\_\_\_\_

**I hereby declare that the above particulars are correct. I confirm that I will abide by all the rules and conditions as laid down by the organizers of this competition.**

\_\_\_\_\_  
Print Participant's Name

\_\_\_\_\_  
Signature of Participant

\_\_\_\_\_  
Date