



Open Water Swimmers' Foundation

Swim to Revive Nature

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2nd Edition Swimathon

Race day: 20th October, 2024

Location & Start point: Gunjur lake, Doddaballapura

Age groups:

(Competitors age shall be determined as of 31st December of the year of swimathon, 2024)

- 1) Group 1: Age 12 – 17 years: 1 km
- 2) Group A: Age 18 – 24 years: 1 km, 2 km, 4 km
- 3) Group B: Age 25 – 39 years: 1 km, 2 km, 4 km
- 4) Group C: Age 40 – 59 years: 1 km, 2 km, 4 km
- 5) Group D (Senior swimmers): Age 60 – 70 years: 1 km & 2 km
- 6) Group E (Senior swimmers): Age Over 70 years: 1 km

Rules & Regulations:

1. Registration:

- **Kindly read the Rules, Regulations & Disclaimer/Indemnity form before registering.**
- It is **mandatory/compulsory** to upload your Govt issued photo ID with Date of Birth, prior Open Water Swimming Certificate for 2 km & 4 km & Medical Certificate.
- Confirmation of participation will be conveyed within 48 hours after registration for verification of the documents which have been uploaded by the participant. Please check your email for confirmation of registration/participation.
- If you do not have prior OWS certificate you will be requested to move to 1 km category.
- Online registration closes on 16th October, 2024.
- OWSF Members get a discount of 15% during registration.
- Registrations are non – refundable & non - transferable.
- There will be no changes permitted on the date of OWSF Swimathon.
- On spot registration will incur double the registration fee. For on spot registration kindly display copies of: Govt Issued ID, prior OWS Certificate & Medical certificate (Senior swimmers)
- Reporting time for participants of OWSF 2nd Edition Swimathon on 20th October, 2024 will be announced soon.

2. Course Completion & Cut - off Timings:

- Swimmers must complete the entire course as registered for, respecting all designated turning buoys/markers and course boundaries.
- Participants will have to exit the water at the cut-off timings mentioned below:
1 KM – 60 MINS 2 KM – 120 MINS 4 KM – 180 MINS

3. Registration and BIB Collection:

- Obtain your BIB No# marked on your upper arms in BOLD before entering the start point.
- Ensure you have collected your swimming cap & timing chip.
- Collect food coupons. Food coupons are free for participants. For people accompanying the participant, food coupons can be purchased at Rs. 100/- during registration.



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4. Sportsmanship and conduct at the venue:

- All participants are expected to display exemplary sportsmanship throughout the event.
- Respect & Honor the spirit of sportsmanship.
- Always respect fellow swimmers, officials, and spectators.
- Any form of unsportsmanlike conduct, including but not limited to taunting, cheating, or disrespecting officials, will result in disciplinary action, including possible disqualification from the event & removal from the premises.
- The use of abusive, offensive, or inappropriate language is strictly prohibited.
- Any violation of this rule may lead to immediate disqualification from the event and further disciplinary measures.
- Always maintain a clean and orderly environment. Dispose of trash at designated bins.
- Take care of your belongings properly, event organizers are not responsible for loss or misplacements of them.

5. Allowed equipment:

- Earplugs and nose clips are permitted.
- Any equipment that aids in ***Performance-Enhancement*** (detailed below) for the swim is not allowed.
- Usage of safety buoy/Tow Float is permitted but is not mandatory. **Tow Floats are available for sale at the venue.**

6. Safety Responsibility:

- Each swimmer is responsible for their safety as well as the safety of others.
- Follow all safety guidelines and instructions provided by event officials and lifeguards.
- Any swimmer observing a safety concern must report it immediately to event officials, staff, or lifeguards.
- Reckless behavior, including diving into shallow water, interfering or injury to fellow participants, will not be tolerated and will result in disqualification and removal from the premises.

7. Swimming Strokes:

- Any stroke (front crawl, backstroke, breaststroke, or butterfly) can be used for the entire distance of the swim.

8. Support and Hydration:

- Please carry your own bottles, there are several hydration points at the venue.
- Support boats and staff will be stationed throughout the course with water, hydration, and bananas for swimmers.

9. Equipment and Attire:

- Swimmers must use **appropriate swimming attire/ Tri-suits** for the event including swimming cap & goggles.
- Participants wearing Wetsuits will not be eligible for podium.
- Use of any equipment or gear that may provide an unfair advantage is prohibited (mentioned below).



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10. Fair Play:

- Swimmers must adhere to the rules and regulations of each race as outlined by OWSF.
- Any intentional violation of race rules, such as false starts or intentional interference, injury to other swimmers/participants will result in disqualification.
- Respect the integrity of the event, compete fairly and honestly.

11. Compliance with Officials:

- Swimmers must comply with the instructions and decisions made by event officials and judges.
- Failure to follow the directions of officials may result in penalties, including disqualification from races or the event.

12. Protests and Appeals:

- Any concerns or disputes regarding race results, officiating decisions, or rule interpretations must be addressed through the official protest and appeal process outlined by event organizers.
- Respect the decisions of the officials and abide by their rulings.

13. Code of Conduct Violations:

- Violation of any of the rules and regulations outlined above may result in penalties, including warnings, disqualification from races or the event, and suspension from future competitions.
- Event organizers reserve the right to take appropriate action against any individual whose conduct is deemed detrimental to the safety, integrity, or reputation of the event.

14. Request for Cancellation, Distance Change & Refunds:

Any requests in changing distance during the online registration or on the day of the event will incur a convenience fee of Rs 500/- per registration to process the changes. There will be no refund for cancellation done by participant. Registrations are non – transferable.

At the discretion of the organisers, there can be changes made at the day of the event: timings, date & locations may change based on weather conditions, Govt regulations/permissions and or other unexpected circumstances.

15. Health Advisory:

- Participants with communicable diseases, open cuts, or healing wounds are advised not to swim for their safety and the safety of others.

16. Belongings Responsibility:

- Participants are responsible for their belongings. The organizers are not liable for any loss or damage.

17. Things to carry:

- Participants must carry/display their Govt issued ID Card, their prior OWS certificate & medical certificate. If they do not have prior OWS certificate they will be requested to change their distance category.
- Senior citizen participants must carry medical certificate.
- Govt issued photo ID proof: In case of a minor (< 18 years of age), a parent or guardian will be required to provide ID proof as well. Guardians will need to hand over a letter from the parents of the swimmer stating that they are authorized to sign the indemnity form for the swimmer on the behalf of the parents.



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Race Course



There are several markers throughout the course of the swim, boats, lifeguards & support staff to guide you. The course is 500 meters from the bank to the lake & back. There will be one buoy/marker/boat/jetty at 500 meters swim & turn around buoy/marker/boat/jetty at 500 meters for 1 km, 2 km & 4 km:

- a) **4 km:** 4 loops (turn at 500-meter buoy/marker/boat/jetty)
- b) **2 km:** 2 loops (turn at 500 -meter buoy/marker/boat/jetty)
- c) **1 km:** 1 loop (turn at 500 -meter buoy/marker/boat/jetty)

At the finish, please collect your Finisher medal. E-certificates will be issued in 7 - 10 days.

PLEASE DO NOT THROW DRY/WET WASTE IN THE LAKE, HAND THEM OVER TO OUR SAFETY CREW.

KINDLY USE THE SEVERAL DRY & WET WASTE BINS KEPT AROUND THE PREMISIS!

KEEP THE LAKE & SURROUNDING AREAS CLEAN:

THAT'S WHAT OWSF IS ABOUT: WE SWIM TO REVIVE NATURE

*** Performance-Enhancing* equipment's those are not allowed:**

1. Equipment that may retain or increase warmth – e.g., wetsuits, neoprene caps, booties, gloves.
2. Equipment that may increase speed – e.g., flippers, paddles.
3. Equipment that may increase buoyancy - e.g., pull buoys, wetsuits.
4. Auditory pacing aids - e.g., music players, metronomes.
5. Underwater streamers.
6. Performance-enhancing drugs

Encourage, support, respect and motivate your friends- some of you are doing this for the first time. Let us strive to make this experience such that you will want to join us again!

You are solely responsible for your performance on Event Day!
Give your best! We are there to cheer for you!

See you all at the Start line!

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