



Swimming Federation of India (SFI): 4th National Junior Open Water Championships -2024

Organised by Karnataka Swimming Association (KSA)
In association with Open Water Swimmers' Foundation (OWSF)

Race day:

23rd November (Saturday) - 24th November (Sunday), 2024

Location & Start point:

PADUBIDRI, BLUE FLAG END POINT BEACH, UDUPI DISTRICT, KARNATAKA

Age groups:

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

Group	Year of Birth
4	2012, 2013, 2014
3	2011
2	2009, 2010
1	2007, 2008
Open	1999 - 2006

Masters groups:

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

Group	Year of Birth
A	1984 - 1998 (26 - 40 years)
B	1974 - 1983 (41 - 50 years)
C	1964 - 1973 (51 - 60 years)

Age category & Distance:

	DATE	DISTANCE	AGE GROUP
1	23 rd November, 2024 (Saturday)	500 mts	Group 4
2	23 rd November, 2024 (Saturday)	1 km	Group 3
3	23 rd November, 2024 (Saturday)	2 km	Group 2
4	23 rd November, 2024 (Saturday)	3 km	Group 1
5	23 rd November, 2024 (Saturday)	5 km	OPEN
6	23 rd November, 2024 (Saturday)	10 km	Group A, B & C
7	24 th November, 2024 (Sunday)	5 km	Group A, B & C
8	24 th November, 2024 (Sunday)	3 km	Group A, B & C
9	24 th November, 2024 (Sunday)	1km	Group A, B & C



A. Eligibility Criteria

- Group 4:** Should have participated in any of the 400FS event, timing should be below 7min.
- Group 3:** Should have participated in any of the 400fs / 800fs event, timing should be below 6.30min
- Group 2:** Should have participated and completed in any of Open Water event in 1km and above or participated in 1500fs event in any of the SFI Nationals, timing to be below 22min
- Group 1:** Should have participated and completed in any of Open Water event in 2km and above or participated in 1500fs event in any of the SFI Nationals, timing to be below 22min.
- Open Category:** Should have participated and completed in any of Open Water Event in 5km and above.
- Master's group:** Should have participated and completed in any Recognized Open Water Event in distance mentioned below:

Distance	Criteria (Finisher certificate in distance)
10km	10km & above
5km	3km & above
3 km	1km & above
1 km	500 mts & above

B. Registration details:

Kindly read the Rules, Regulations & Disclaimer/Indemnity form before registering.

- Swimmers can enter in only One Individual event.
- Age group Swimmers will represent their affiliated units (state associations) in this Open Water meet and their entries must be counter signed and sent by the respective member units. No spot/Late entries will be entertained.
- MANDATORY for AGE GROUP SWIMMERS:** Must upload the filled application & registration forms, proof of swim documents mentioned in the eligibility criteria and the signed acknowledgement, waiver & indemnity form sent from **SFI** & medical certificate. Please carry the hard copy of those documents during reporting.
- Age group swimmers can send the filled & signed physical documents to SFI or KSA (details below) *
- Age group Swimmers must be registered on SFI GMS portal have Valid SFI UID i.e. Valid MARCH 2024-25. No swimmer will be allowed to enter if they do not have valid SFI UID.
- MANDATORY for MASTERS GROUP:** Upload your Govt issued photo ID with Date of Birth, prior Open Water Swimming Certificate for 3 km, 5 km, 10 km & Medical Certificate.
- Confirmation of participation will be conveyed within 1-3 working days after registration for verification of the documents which are uploaded by the participants. Please check your email for confirmation of registration/participation.
- Masters group: If you do not have any prior OWS certificate, you will be requested to change your selected distance to 1 km category.
- Online registration closes on 12th November 2024 & there will be **no changes** permitted after 16th November 2024. Registrations are non – refundable & non - transferable.
- Masters group only: On spot registration are allowed which will incur double the registration fee. For on spot registrations, it is mandatory to produce:
 - Govt Issued photo ID with date of birth
 - Should have participated and completed in any Recognized Open Water Event in distance they are willing to take part in.
 - Medical certificate.

REGISTRATION LINK FOR AGE GROUP & MASTERS:

<https://openwaterswimmersfoundation.in/sfi-national-open-water-swimming-competition/>



C. Course Completion & Cut - off Timings for Masters Group:

- 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:

DISTANCE	Cut off timing
10 km	6 hours
5 km	3.5 hours
3 km	2.5 hours
1 km	1 Hour

D. Document verification & Pre event formalities

- Participants having their event on 23rd November (Saturday) (Age group swimmers and Masters group swimming 10km) must report to the organizers on 22nd November 2024 (Friday) at 4:00pm at the venue.
- Masters group participating in 1km, 3km and 5km events to report on 23rd November (Saturday) 2024 at 4:00pm at the venue.
- Briefing about the program and course of the event will be at 4:00 pm. Kindly produce all necessary documents uploaded along with medical certificate at the venue.

RACE DAY

1 Reporting timings at the race venue:

Date	Category	Time
23 rd November	Age Group Swimmers	6:00 am
23 rd November (10 km participants)	Master Group Swimmers	6:30 am
24 th November (1km, 3km & 5km)	Master Group Swimmers	6:00am

2 Registration and BIB Collection:

- Obtain your BIB No# marked on your upper arms and swim caps in BOLD before entering the start point.
- Ensure you have collected your swimming cap & timing chip.

3 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 trash at designated bins.
- Take care of your belongings properly, event organizers are not responsible for loss or misplacement of them.



4 Allowed equipment:

- Earplugs and nose clips are permitted.
- Any equipment that aids in ***Performance-Enhancement*** (details 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.**

5 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.

6 Swimming Strokes:

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

7 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.
- The 10km swimmers are allowed to carry their own hydration kits (not compulsory). These kits will be placed at the hydration stations. Swimmers are requested to carry kits that as compact as possible considering the small boat size. Please do not forget to put the swimmers name on the kit.

8 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).

9 Fair Play:

- Swimmers must adhere to the rules and regulations of each race as outlined by SFI, KSA and 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.
- Swimmers must complete the entire course as registered for, respecting all designated turning buoys/markers and course boundaries.

10 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.



11 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.

12 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.

13 Changes in the event:

- 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.

14 Health Advisory:

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

15 Belongings Responsibility:

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

16 Things to carry:

- Participants must carry/display their Govt issued ID Card,
- Prior OWS certificate & medical certificate. If they do not have prior OWS certificate they will be requested to change their distance category.

***Please note:** Dormitory Accommodation will be provided by the Organizers (If informed in advance). Accommodation will be provided based on First come first serve basis and is subjected to availability.*

Food will be provided to all participants on subsidized rates by the Organizers.

RACE COURSE

There are several markers throughout the course of the swim, boats, lifeguards & support staff to guide you. Swim race course details will be shared soon.

At the finish, please collect your Finisher medal. E-certificates will be issued within 2 weeks' time.

PLEASE DO NOT THROW DRY/WET WASTE IN THE WATER & PREMISIS
HAND THEM OVER TO OUR SAFETY CREW.
KINDLY USE THE SEVERAL DRY & WET WASTE BINS KEPT AROUND THE PREMISIS
KEEP THE WATER & SURROUNDING AREAS CLEAN:
THAT'S WHAT OWSF IS ABOUT: WE SWIM TO REVIVE NATURE



*** Performance-Enhancing* equipment that 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

*All Correspondence concerning Age group event & documents enclosed with Entry & Registration Form should be addressed to;

Shri Monal D. Chokshi
General Secretary
Swimming Federation of India
45/311, Saraswati Nagar
Near Azad Society, Ambawadi
AHMEDABAD – 380 015
(Office): 079 35658570

Shri M. Satish Kumar,
Secretary & Organising Secretary
Karnataka Swimming Association
43, 12th Cross, Ram Mandir Road
S R Nagar, BANGALORE – 560 027

Contact: Local Coordinator
Shri Rohit Babu

Encourage, support, respect and motivate your fellow swimmers, organisers & spectators - some of you are doing this for the first time. Let us strive to make this a memorable experience for everyone!

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!

For details & queries:

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<http://openwaterswimmersfoundation.in/>