



Open Water Swimming Competition
Organised by NEB SPORTS
Conducted by Open Water Swimmers' Foundation (OWSF)

Race day:
15th December, 2024 (Sunday)

Location & Start point:
Kapu Beach, Udupi District, Karnataka
Manthan Beach Resort: https://maps.app.goo.gl/E3QmjoINvZ3JVhkc6?g_st=iw

OPEN AGE GROUP: 14 years – 60 years
(Competitors age shall be determined as of 31st December of the year of competition, 2024)

Events:

	Distance	GROUP	Registration Fee
1	6 km - 4 Person Relay	OPEN	Rs. 4000/-
2	5 km – Solo	OPEN	Rs. 2500/-
3	3 km – Solo	OPEN	Rs. 1,500/-
4	1.5 km – Solo	OPEN	Rs. 1000/-

Register before 12th December, 2024 & get 10% off on your registration fees.

A. Eligibility Criteria

- 1. Open Category:** Should have participated and completed in any of Open Water Event in a recognized competition in the distances mentioned below:

Distance	Criteria (Prior finisher certificate in distance)
6 km Relay	Each swimmer 1 km & above
5 km	3km & above
3 km	2 km & above
1.5 km	1 km & above

B. Registration details:

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

- 1) Swimmers can enter in only One Individual event.
- 2) **MANDATORY for ALL SWIMMERS:**
 - Upload your Govt issued photo ID with Date of Birth,
 - Upload Prior Open Water Swimming Certificate for 6 km (1 km each for relay swimmers), 5 km, 3 km & 1.5 km
 - Upload Current Medical Certificate
- 3) 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.
- 4) Swimmers who do not have any prior OWS certificate, you will be requested to change your selected distance to 1.5 km category.
- 5) Online registration closes on 12th Dec 2024 & there will be **no changes** after that.
Registrations are non – refundable & non - transferable.



C. Relay Team Rules & Regulations:

6 km: RELAY TEAM MUST/WILL ONLY CONSIST OF 4 MEMBERS:

- I. Each swimmer should submit prior 1 km Open Water Event certificate in/from a recognized competition, Govt issued photo ID with Date of Birth & Medical certificate.
- II. Each swimmer swims only 1.5 km
- III. Submit the name of the relay team during registration.
- IV. Order of swimmers must be finalized on the day of reporting 14th December, 2024 (Saturday)

D. 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:

Distance	Cut-off timing
6 km Relay Team	4 hours
5 km	3 hours
3 km	2 hours
1.5 km	1 hour

E. Document verification & Pre event formalities:

- I. During reporting kindly produce all uploaded documents:
 - a. Govt Issued photo ID with Date of Birth.
 - b. Prior Open Water Swimming Certificate for 6 km (Relay), 5 km, 3 km & 1.5 km
 - c. Current Medical certificate.
 - d. Payment Receipt
- II. Participants must report for document verification at the venue between 9:00am – 4:00pm on 14th December, 2024 (Saturday)
- III. All participants must be present at 4:00pm on 14th December, 2024 for briefing of rules & regulation, swim route, safety & reporting time for their event.
- IV. Practice swims will be held between 7:30am – 9:00am on 14th December, 2024 (Saturday)
- V. **Safety is our priority!** Kindly inform the organisers before & after the practise swim.
- VI. During reporting inform the organisers if participants require assistance for practise swim.

RACE DAY

1 Reporting at the race venue for swimmers is on 15th December, 2024 (Sunday) at 6:30am

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 5km 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.

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.

**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

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:

owsf@openwaterswimmersfoundation.in

+919845448184

<http://openwaterswimmersfoundation.in/>