



ST. LUCIA OPEN WATER CARNIVAL

**UNLEASHING
GREATNESS**

June 9, 2019
Pigeon Point Beach
Gros Islet
St. Lucia

The St. Lucia Amateur Aquatics Federation invites you to come experience our National Open Water Swimming Carnival. This event will be held at Pigeon Point Beach on June 9, 2019.

HOST

St. Lucia Aquatics Federation

DATE

Sunday, June 9, 2019

EVENTS

- Individual
- Team – Relays

AGE GROUPS

- 8 years and under
- 9 – 10 years old
- 11 – 14 years old
- Open

VENUE

Pigeon Point Beach, Gros Islet, St. Lucia

DISTANCES

All swims can be done individually or via relay entries. Mixed relay teams can be entered for events. Mixed relay team must be made up of two (2) MALE and two (2) FEMALE swimmers.

- 400m 8 years and under ONLY **Male & Female**
- 800m 9 – 10 years old ONLY **Male & Female**
- 1km OPEN **Male & Female**
- 3km OPEN **Male & Female**
- 5km OPEN **Male & Female**

ELIGIBILITY

Swimmers need not be affiliated with a club or swimming federation. The swimmer's medical history, physical condition and training must be commensurate with the rigors of open water swimming competition.

FORMAT

Timed Finals. The 400m and 800m events will be swum simultaneously. Swimmers will not be permitted to use or wear any device which may be an aid to their speed, endurance or buoyancy. Specifically, snorkels, fins and wetsuits are not allowed. Goggles, a maximum of two (2) caps, nose clip and earplugs may be used.

ENTRIES

Registration forms can be requested found on our Facebook page, web page of from the Secretary of SLAF.

ENTRY FEES

Entry Fees quoted in EC \$20

ENTRY DEADLINE

Saturday May 30, 2019

CHECK-IN

Swimmers should check in at least one hour prior to the start of their event for number marking and pre event briefing. Participants who do not attend the pre event briefing will not be allowed to swim.

NUMBERING

Swimmers will be assigned a participant number which event officials will mark on the swimmer's back, arm and hand at check in. Each distance will have a designated cap color. Swimmers will receive the colored cap(s) at check in. The appropriate colored cap must wear be worn at all times during the swim.

WARM UP

There will be a designated warm up area.

START

All events will start on the sand.

FINISH

All events will finish on the sand. Event time limits will be enforced by event Official.

AWARDS

The Awards Ceremony will be held on the beach and will begin 30 minutes after the completion of the last event. Medals will be given to the Top 3 finishers (male and female) in each age category for each event. Trophies will be presented to the swimmers (male and female) posting the overall fastest finish time for each distance.

BRIEFINGS

There will be a Pre-Race briefing 15 minutes prior to the start of each event.

OFFICIALS

Each club participating **is required to provide 2 officials for each session** of the meet. These names should be submitted along with entries to allow a schedule of officials to be made.

RULES

1. Each swimmer is required to wear the swim cap provided during the race.
2. All swimmers must attend the pre-race briefing on the beach.
3. All swimmers must go through the head count in order to start the race.
4. All swimmers must be behind the Start Line and wait for the Starter's signals. Both an air horn and a flag are used to start the race (audible and visible signals).
5. Any swimmer dropping out before or during the race should check in immediately with a Beach Marshal AND the Recording Officials at the Finish or Start, reporting their race number and name. This is to help the Recorders account for all swimmers.
6. Any action that may bring the event into disrepute may result in disqualification.
7. Violating any of these rules may result in disqualification.
8. There is to be no fighting, kicking or pushing in the water.
9. Swimmers will not be allowed to use fins, paddles, or wetsuit. Tech-suits banned by FINA are not allowed in this race. No swimmer shall be permitted to use/wear any device that may be an aid to speed, endurance or buoyancy. Goggles, caps, nose clips and earplugs may be used.
10. You may use any swim stroke. When possible, you may stand up on the bottom if you need a rest, but you are not permitted any forward walking motion. Swimmers with special physical challenges can request to use special devices to aid in swimming. Swimmers may carry a bottle of water tucked into their swim suit.
11. The starter will use an air horn to get the race going.

12. Swimmers will follow the race course as laid out by the buoys in the water.
13. Swimmers must complete the course in its entirety; there will be Judges at the marker buoys that will be checking to ensure all swimmers pass their markers.
14. Drafting is permitted, however obstructing, interfering with or making intentional contact with another swimmer may result in disqualification.
15. Escort boats, kayaks & paddle boards shall maintain a constant position of at least 5ft away from any swimmer and shall manoeuvre so as not to obstruct or place themselves directly ahead of another swimmer.
16. Swimmers shall not receive support from any fixed or floating object and shall not touch or be touched by their escort craft or crew therein. Coaching and giving of instructions by the swimmer's representative in an escort boat, kayak or Paddle board is not permitted.
17. All swimmers should have their competition number clearly displayed on their hat and arms.
18. Swimmers shall be allowed to use grease or other such substances providing these are not, in the opinion of the referee, excessive.
19. In the case of difficulty in the water, please remain calm. Extend your hands in an upward position, signalling that help is required. There are sufficient boats, kayaks and Paddle boards available for this purpose.
20. The referee shall have full control and authority over all officials and shall adjudicate on all protests related to the conduct of the race, including final placings, if necessary. The referee's decision shall be final.
21. Payment of the entrance fee and participation in the race shall signify agreement and acceptance of these rules.
22. The above rules were designed for your safety and well-being.
23. The execution of the race on the day is subject to favourable weather conditions and if in the case of inclement weather the race is called off there will be no reimbursement of fees to participants.

PRIZES

Prizes 400M Swim Race:

Overall:

- 1st - 3rd place Male
- 1st - 3rd place Female

Prizes 800M Swim Race:

Overall:

- 1st - 3rd place Male
- 1st - 3rd place Female

Prizes 1KM Swim Race:

Overall:

- 1st - 3rd place Male
- 1st - 3rd place Female

Prizes for 3KM and 5KM Swim Races:

Overall:

- 1st - 3rd place Male
- 1st - 3rd place Female

RACE DAY

400M, 800M & 1KM

9.15am: Registration & Check in for the 400m & 800m Swim only.

9:20am: Race Start for 400M

9:25am: Race Start for 800M

9.30am: Race Briefing for 1KM Swim only

9:35am: Race Start for 1KM

3KM

9.15am to 9:45am: Registration & Check in for the 3KM & 5KM Swim Races (2 events). **NO NEW ENTRIES ACCEPTED ON RACE DAY.**

- 10.00am: Race Briefing on the Beach
- 10:05am: Race Start for the 3KM & 5KM Swim Race
- 10.15am: Race Start for the 5KM Swim Race

5KM

5KM Swimmers - please note that Swimmers in the 5KM Race will be joining you on the same Swim course at the 10:05am and 10:15am start times for those races. By this time the 3KM field should be well spread out and so there it should not present a challenge for any of the swimmers in either race.

Presentation of prizes and awards for the 400m, 800m, 1km, 3km and 5km swims will take place at approximately 1.30pm.

CONTACT INFORMATION

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Miscellaneous

Food, DJ, music, drinks and loads of fun for the whole family June 9, 2019 at the Pigeon Point, Gros Islet, the home of the St. Lucia Open Water Swimming Carnival. The Open Water Swimming Carnival welcome Swimmers of all ages and skill levels from Recreational to Elite. The 2019 Open Water Swim event will be the 1st of the year for SLAF. The course is surveyed to ensure an accurate distance. Safety is the number one priority at St. Lucia Open Water Swim Carnival. The course is patrolled by many volunteers on Stand Up Paddle Boards and in Kayaks as well as 2-3 motor boats (St. Lucia Marine Police boats). Life Guards are on hand as well as a medical team.

Pigeon Point Beach – the Open Water Swim Venue

This tranquil beach is located in the foreground of the Pigeon Island National Park. The beach is lined by a white sand beach that stretches from Gros Islet to Pigeon Island. Pigeon Point Beach is located on the north east coast of St. Lucia.

The waters are relatively calm and is ideal for swimming and other water sports. The Beach is very appealing to open-water swimmers.

Weather The weather in May is warm with daytime temperatures averaging about 28 degrees Celsius. Water temperatures average about 27 degrees Celsius.