



NOFIO CYMRU
SWIM WALES

National Open Water Festival

Part of the 'Big Bala Bash'

Incorporating the Welsh National Age Group Championships (National Swim England Qualifiers) and the Urdd 'Gemmau Cymru'

Sunday 8th July 2018

Lake Bala



Our Vision

A world leading National Governing Body delivering excellence, **inspiring** our nation to **enjoy, participate, learn** and **compete** in Welsh aquatics.

Ein Gweledigaeth

Corff Llywodraethu blaenllaw sy'n cynnig rhagoriaeth, gan **ysbrydoli** cenedl i **fwynhau, cymryd rhan, dysgu** a **chystadlu** mewn campau dŵr yng Nghymru.

Swim Wales are proud to present this year's Open Water Festival as part of the Big Bala Bash Weekend of competition, in partnership with Welsh Triathlon and the Urdd. This year will be bigger than ever, with more opportunities to compete across competitive and open events at Lake Bala. The event is a recognised competition in the Swim Wales Epic Shore Series.

Event Information

Date: Sunday 8th July 2018

Venue: Llyn Tegid, Bala, Gwynedd, LL23 7YE

Cost: £10 per race
Day event membership £5 for non-members

Entry opening date: April 20th 2018
Entry closing date: 4pm June 8th 2018

Contact

Swim Wales Event and Volunteer Manager: Lydia Gyngell
Events@swimming.org
01792 513633

Social Media

Swim Wales would like to share your experience with us on social media, Tweet and tag us in your photos and results using #SWOW18 @SwimWales Photos may be used in Swim Wales communications including newsletters, website and social media.

Race Information

Elite Swimmers (Male and Female):

- Ages 12-13 2000m wetsuit race (lake/air temperature permitting)
- Ages 14-15 3000m wetsuit race (lake/air temperature permitting)
- Ages 16 and over 5000m wetsuit race (lake/air temperature permitting)

Top 3 (1st, 2nd, 3rd) swimmer from each elite age band will receive a medal. The top 3 Welsh male and female swimmers will be invited to the Swim England National Open Water Championships, Rother Valley.

Open Swimmers (Male and Female):

- 1000m wetsuit race - Cut off time 45 minutes for 1000m
- 2000m wetsuit race - Cut off time 75 minutes for 2000m

There are no qualifying times for the open swims. Minimum age 12 years old as of December 2018. A decision to swim waves in age bands will be made based on the number of entries.

Gemau Cymru Swimmers

Swimmers will be able to compete in the first Open Water Gemau Cymru this year in Bala as part of the National age group championships. Swimmers can elect to be recognised as a Gemau Cymru swimmer if they meet the following criteria:

- Under 18
- Born in Wales (copy of competitors Birth Certificate) / or
- Live in Wales (must have been for a continuous period that exceeds 48 months) / or
- Receive their education in Wales

If you are eligible to compete as a GC swimmer and would like to be included please email events@swimming.org to notify the team.

Non-member entry:

Please complete and return the Temporary Membership Application and the manual entry form available on the event webpage to: events@swimming.org

Entries will only be taken once temporary membership and manual entry has been received and processed. An additional charge of £5 for temporary membership will be added to your entry. The fee includes insurance cover and administration costs.

Triathlon member entry:

As a triathlon member, athletes are able to enter this event without paying an additional membership fee. You will need to complete the manual entry and a temporary member form, once complete this must be sent to events@swimming.org before the closing deadline. You will not be charged for the temporary membership.

Overseas entry:

Swimmers registered with a country affiliated to FINA can compete in this event. Please complete and return the manual entry form available on the event webpage to: events@swimming.org

Water Temperature:

The minimum water temperature required for this competition is 14°. In the event of minimum temperature concerns, events may be postponed to allow the water temperature to rise. If a rise in water temperature is not possible the event will be cancelled. On the event of a cancellation due to water temperature a full refund will be issued to all competitors. Swimmers will be briefed on the water temperature before their event, should they wish to withdraw and the temperature is above the minimum requirement no refund will be issued. In the event that the water is 18° or higher the decision to wear wetsuits will be made by the event management.

All swimmers for all events must attend a safety briefing prior to their race. Failure to attend will result in a withdrawal from the swim.

No briefing - No swim

Draft Event Schedule will be published shortly.

Event Conditions

1. All competitors must be a current registered member of Swim Wales, SE or SASA for all elite races. Competitors entering the open wetsuit races must be registered with Swim Wales, SE, SASA or Welsh Triathlon. Alternatively a day membership can be purchased for £5. Click here to download the temporary membership form <http://www.swimwales.org/events/swim-wales-open-water-2018>
2. By entering the Welsh Open Water Festival (Elite age group races and open water festival open swim) swimmers are agreeing to the event conditions and general event conditions of Swim Wales (general conditions can be found on the event website page).
3. The minimum water temperature required for this competition is 14°. In the event that the water is 18° or higher the decision to wear wetsuits will be made by the event management.
4. In the event of minimum temperature concerns, events may be postponed to allow the water temperature to rise. If a rise in water temperature is not possible the event will be cancelled.
5. Cancellations:
 - (a) If the conditions are deemed to be unsuitable and not safe at the event, a decision may be made to cancel or stop the event.
 - (b) Full refunds of entry fees to the event will be offered to all competitors.
 - (c) No refunds will be offered for any other expenses incurred in relation to the event.
 - (d) If a Regional Open Water Event is cancelled, due to unsuitable conditions, there will be no qualifiers for the National Championships from that event. If it is possible to accommodate these competitors in another Regional Event this will be acceptable for qualification to the National Championships.
6. Swimmers are required to read and sign an event disclaimer before competing in their event
7. Swim Wales reserves the right to limit entries dependent on demand. In the event of an oversubscription Swim Wales reserve the right to scratch and remove entries as deemed appropriate. This is at the complete discretion of Swim Wales and the event management. Entries are not confirmed until a confirmed entry list of swims is published after the close of entries. This will be published on the event webpage.
8. Refunds for entry fees will be processed on the receipt of a valid doctor's note (signed by an appropriate consultant/doctor on headed paper). Applications for medical withdrawals must be received before 9am on the 8th of July to qualify for refund. Refunds will not be processed for withdrawals on non-medical grounds.
9. Entry fee: £10 per race. Payment is taken at point of entry via PayPal.
10. Elite Age group distances are: Girls & Boys: 12-13 yrs - 2000m (2km); 14-15 yrs - 3000m (3km); 16 & over - 5000m (5km).
11. Open Swim distances are : 1000m (1km) and 2000m (2km)
12. Ages as at 31st December 2018.
13. Times must have been achieved between 1st July 2017 and the event closing date. Once entries are submitted, Swim Wales are unable to update or amend times.

14. Medals will be awarded to the first 3 male and female swimmers in each elite age band (12-13, 14-15, 16+).
15. The top 3 swimmers in each age (12, 13, 14, 15, 16, combined 17/18 and 19+) will qualify and be invited to attend the Swim England Nationals.
16. Open swimmers will receive commemorative award for finishing.
17. A cut off time of 30 minutes after the first swimmer in each competition has finished shall operate in the elite races. Cut off times for open wetsuit races will be: 45 minutes 1000m and 75 minutes 2000m.
18. Swimmers MUST sign in at the registration desk and attend the race briefing at the appropriate time.
19. Any swimmer not attending the briefing will NOT be allowed to swim.
20. Competitors must have their number displayed on their hands, back or upper arm AND WEAR THE WRIST BAND, TIMING CHIP AND SWIM CAP PROVIDED.
21. No swimmer shall be permitted to use or wear any device, which may aid their endurance, buoyancy or speed. Goggles, ear plugs or nose clips may be used. Only one costume is allowed. Costumes must comply with FINA Open Water rules.
22. Swimmers shall be allowed to use grease or other substances providing these are not deemed as excessive, in the opinion of the Referee.
23. Behaviour and Attitude: Swim Wales has a zero tolerance policy on negative behaviour at meets. Disrespectful and poor attitude resulting in unacceptable behaviour will not be tolerated. All those on site including swimmers, parents, coaches and clubs are expected to behave in an appropriate manner, respectful of officials, volunteers, staff and others. Swim Wales holds the right to ask those behaving inappropriately to leave the event and/or meet if deemed necessary. Refund will not be issued for dismissal from an event. The right to remove swimmers and/or clubs from the meet is held by the meet manager and senior team of officials. We ask that you remind your swimmers of the above policy and remain vigilant throughout the meet. Please report any inappropriate behaviour to a member of staff on site.
24. Jewellery: For safety and security reasons, the wearing of jewellery is not permitted while in the water during warm-ups / swim-downs and / or competition. This includes watches, necklaces, chains, bangles, wrist bands, ear-rings (except studs), and rings (except wedding bands). Swim Wales will not be responsible for any jewellery brought to events and will not be liable if such jewellery is lost or damaged.

ADDITIONAL CONDITIONS UPDATED 16/5/18

25. An approved FINA wetsuit list can be found here:
<https://www.fina.org/content/fina-approved-swimwear>
However swimmers are not required to wear a FINA approved wetsuit at this event. Wetsuits must however comprise of material which is between 3-5mm thick, should not have additional aids and adaptations to help swimmers including the use of rubber fins on the arms. Wetsuits should be specifically designed for swimming and not for surfing. Wetsuits must cover the shoulders (tshirt style).

Swim Wales Film and Photography Policy

Please be advised that photographs and videos may be taken at this event

Swim Wales are aware of the wide range of devices including mobile telephones which have photographic and filming capabilities. This enables the capture of both static and moving images. Used responsibly, such devices are perfectly safe, but sharing images widely may betray a confidence or identity of a child/children which may present a risk of harm to the child/children concerned.

The use of such equipment is difficult to control but we can all be vigilant. If you have any concerns or safeguarding queries, please bring them to the immediate attention of the event management team situated at the enquiries desk.

Swim Wales may use photographs taken at this event as promotional material and used across public forums including their website and social media accounts, and possibly the local press and television. Should you wish to refuse photographic permission please contact the event management team on site. The full swim Wales photography guidance policy can be found at the enquiries desk or on the Swim Wales website.

Entry

- All meet information including entries can be found at: <http://www.swimwales.org/events/swim-wales-open-water-2018>
- Entry will be completed through an online system. Payments are made using PayPal at the point of entry.
- Entry costs: £10 per race.
- Minimum entry qualifying times apply based on pool qualifying times for elite races. Cut off times are in place for open events. 1000m - 45 minutes / 2000m - 75 minutes.
- Male competitors entering the Elite Age group distances require a 1500m time, 400Free or 400IM.
- Female competitors entering the Elite Age group distances require a 800m time, 400Free or 400IM.
- Times must have been achieved since 1st July 2017 and the event closing date.

Entry opening date: April 20th 2018

Entry closing date: 4pm June 8th 2018

Online 400m, 1500m and 800m Qualifying times

MALE	12	13	14	15	16	17	18 & over
400IM	06:48.5	06:24.6	06:12.5	05:47.5	05:23.1	05:22.8	05:11.0
400 FREE	05:21.0	05:10.5	05:00.0	04:49.5	04:43.0	04:36.5	04:30.0
1500m	22:35.8	21:19.3	21:19.6	20:17.9	20:09:01	19:29.3	19:10.2

FEMALE	12	13	14	15	16	17	18 & over
400IM	06:48.5	06:24.6	06:12.5	05:48.8	05:45.6	05:33.5	05:20.5
400 FREE	05:27.0	05:19.5	05:12.0	05:08.5	04:58.0	04:51.5	04:45.0
800m	12:28.3	11:46.0	11:18.6	10:35.4	10:30:34	10:16.5	09:50.2