



Regulations

of open water swimming competitions

A1 SWIM

10th July 2016



Saint Petersburg 2016

A1 SWIM competitions are held in the Region of Kingisepp town of Leningrad Oblast at Kopanskoe lake in format of a Long Course Open Water Swimming competition.

1. Main regulations

- 1 The following rules are to inform participants about the peculiar features of the competitions, to secure participants safety on the distance and to guarantee fair judging.
- 2 **A sportsman registering to the competitions accepts the rules and regulations given hereby.** Compliance to and abidance by these rules is the main requirement to participate in A1 SWIM. If the given rules in any part are in conflict with rules of other open water swimming competitions (RSF, FINA), rules in the given document have priority. Key elements of the given document will also be explained in the pre-start briefing.
- 3 Fundamental positions of A1 SWIM are fair play and abidance by the rules. Sportsmen are forbidden to get advantage over other sportsmen by rules violation. Sportsmen mustn't impede or threat other competitors, neither can they interfere the work of race organizers. Sportsmen should be polite to other competitors, volunteers, judges and medical staff. Sportsmen must follow traffic rules as well as instructions given by organizers, judges and medical staff. Sportsmen should take care of nature and avoid its contamination.
- 4 A1 SWIM competitions are held in order to promote mass sport and attract more people to active lifestyle as well as to improve sporting skills of professionals and swimming lovers.
- 5 Conduct of competitions is led by Association of non-profit organizations called O2 TEAM Centre of Promotion of Sport and Healthy Lifestyle with support of Russian Swimming Federation, Committee of Physical Education and Sport of Kingisepp Region and Administration of Kingisepp Region of Leningrad Oblast. The task of running the competitions itself is allotted to O2 TEAM Centre of Promotion of Sport and Healthy Lifestyle



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Association of non-profit organizations and Competitions Organizing Committee.

- 6 The competitions will be held on **July 10th 2016**. The first heat starts at **11 a.m.** from the Beach of Kopanskoe Lake at the territory of Kopanskoe health center. The swimming distances are routed on Kopanskoe lake.
- 7 Sportsmen are to choose and cover the following distances:
 - Nautical mile (1852 meters);
 - 3000 meters;
 - 5000 meters;
1. Each sportsman is responsible for one's physical readiness to the competitions.
2. Any competitor posing danger to other participants can be eliminated from the competition by a decision of Senior Judge.
3. Doping use is strictly prohibited.
4. Organizing Committee is not responsible for competitors transfer to competitions and their accommodation. Each participant should individually resolve these issues. In case any difficulties arise it is recommended to contact the Organizing Committee and explain the problems.
5. Organizers have the right to change the rules and regulations concerning the conduct of the competitions at any time. If changes are made they will be announced on the official website of the competitions and on the pre-start briefing obligatory to all the competitors and this will be considered as an official notification.

2. Safety precautions

- 1 If competitions take place out of sport facilities, security of sportsmen and spectators is ensured according to Security Ensuring Rules when Conducting Sports Competitions set by a Governmental Decree of Russian Federation No. 353 dated 18 April 2014.
- 2 Sports venue is defined by Organizing Committee and conforms to requirements of regulatory documents in effect in Russian Federation that concern maintaining public order as well as competitors and spectators safety.
- 3 During the competitions **it is prohibited to use gadgets and devices** that can be somehow characterized as "means of communication and entertainment". They are mobile phones, communicators, pagers, MP3



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players, video cameras etc. Nonfulfillment of this regulation can lead to disqualification of the sportsman.

- 4 Organizing Committee and judges on the distance have the right to eliminate a sportsman from the competition if there is sufficient evidence of the fact that further participation in the competition can cause unacceptable risk to one's health.
- 5 To take part in the competition all sportsmen are obliged to read and sign Responsibility Acknowledgement during the registration. Refusal to sign Responsibility Acknowledgement means immediate ban to participate in the competitions. In this case registration fee is non-refundable.
- 6 Participation in the competition is permitted **provided that a sportsman bears valid accident and health insurance** that must be provided to the Organizing Committee by each competitor.

Emergency medical services are provided according to Decree of Ministry for Healthcare and Social Development No. 613N dated 09 August 2009 "On Approval of the Procedure for Providing Emergency Medical Services While Conducting Sporting Events"

1. Providing Emergency medical services is laid upon the Organizing Committee.

3. Participation format

- 1 **All competitors must be over 18 years old.** According to Russian Unified Sports Classification the age of a competitor is defined as one's age on 31st December of the actual year of the competition.
- 2 A1 SWIM competition is solely individual; group (relay) format is not acceptable. Each sportsman covers the whole distance independently.
- 3 **Individual classification will take place in following age groups:**

| Men | Women |
|------------------------------|--------------------------------|
| M18-24 (males aged 18 to 24) | W18-24 (females aged 18 to 24) |
| M25-29 (males aged 25 to 29) | W25-29 (females aged 25 to 29) |
| M30-34 (males aged 30 to 34) | W30-34 (females aged 30 to 34) |
| M35-39 (males aged 35 to 39) | W35-39 (females aged 35 to 39) |
| M40-44 (males aged 40 to 44) | W40-44 (females aged 40 to 44) |
| M45-49 (males aged 45 to 49) | W45-49 (females aged 45 to 49) |
| M50-54 (males aged 50 to 54) | W50-54 (females aged 50 to 54) |



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| | |
|------------------------------|--------------------------------|
| M55-59 (males aged 55 to 59) | W55-59 (females aged 55 to 59) |
| M60-64 (males aged 60 to 65) | W60-64 (females aged 60 to 64) |
| M65 (males aged 65 and over) | W65 (females aged 65 and over) |

- 1 Depending on the number of competitors registered the Organizers have the right either to form additional groups or to join the existing groups.
- 2 When receiving their starting packets sportsmen of all categories **must provide** the following documents **to be registered**:
 - **ID – a document identifying personality**;
 - **Medical permission to the competition and original health insurance**; Medical permission must have the stamp of the issuing Medical Institution, the stamp and signature of the doctor as well as explicitly indicate permission to compete on a chosen swimming distance. The Medical Permission must be issued **no earlier than** 6 month prior to the competition.
 - Signed application to participate in the competitions.

3 Registration to the competitions

1. Registration to the competitions is made on the official website www.A1.ru within the established deadlines.
2. When registration fee is paid the competitor is shown in the list of registered athletes. Payment methods are indicated on the official website of the competitions www.A1.ru in a corresponding section.
3. Competitors number limit is 500 people

Nautical mile: 200 people

3000 meters: 100 people

5000 meters: 200 people

4. Organizers have the right to refuse to register a person in case they have well-grounded doubts that the athlete is capable to pass the distance, either participation in the competition can cause threat to athlete's life and health, or it can damage the image of the competitions. In this case the athlete will receive an explanation of refusal reasons by email. If by this time the registration fee is already paid, it is due to be refunded completely.

4 Registration fee

1. Organizing Committee of the competitions, O2 TEAM Centre of Promotion of Sport and Healthy Lifestyle incurs financial costs for organizing and



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conducting of the competitions as well as awarding the athletes.

2. Participation in A1 SWIM competitions is paid. Collected funds go to cover organizing costs and form prize fund for the winners of the competitions. The Organizing Committee is responsible for reception and spending of organizing fees.
3. Individual **participation fee** is:

| Distance | If paid from 11.03. till 31.03 | If paid from 01.04. till 31.05. | If paid after 01.06. |
|-----------------|---|--|---------------------------------|
| 1852 meters | 1200 roubles | 1500 roubles | 2000 roubles |
| 3000 meters | 1700 roubles | 2000 roubles | 2500 roubles |
| 5000 meters | 2200 roubles | 2500 roubles | 3000 roubles |

4. Paying the registration fee means that the athlete is guaranteed to have:
 - electronic timekeeping;
 - swimming cap;
 - a finisher's medal;
 - security on water;
 - meal after finishing the distance;
 - opportunity to visit sauna on the shore.
5. Due to the fact that organizers spend money on each athlete's start packet, the registration fee is non-refundable.
6. When paying their registration fees sportsmen can do a charity donation.

5 Starting Packet

1. Competitors can receive their starting packets on July 8-9 at partners place in Saint Petersburg or on July 10 at the start.
2. Starting packets are given only to the competitors themselves provided that they show their ID.

6 Distance

1. All A1 SWIM distances are routed on Kopanskoe Lake. All distances are of **one lap only**. You may find the scheme of each distance on the official



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website of the competition www.A1.ru.

2. Swimming caps are supplied by the Organizers. Athletes must have their swimming caps on before the competition starts. **Using other swimming caps as well as swimming without the cap is forbidden.**
3. Start is performed from the beach.
4. Water temperature in given time of the year may vary from +16 °C to +23 °C. If water temperature is below +23 °C wetsuits are **recommended**. In case water temperature exceeds +24 °C wetsuits are prohibited. If water temperature is +18 °C and below wetsuits are compulsory.
5. **Athletes can cover the distance in any convenient swimming style.** Any equipment facilitating swimming such as flippers, armlets, gloves etc. is prohibited.
6. Athletes are escorted by rowing boats. In case of an emergency (cramp, choking, feeling unwell) an athlete must stop, wave a hand over the head and draw attention of the nearest boat using their voice.
7. If an athlete is taken into the escort boat it does not automatically lead to one's disqualification. In the boat an athlete can rest, recover and continue the race if judges on the boat decide it won't cause harm to one's health.
8. Leaders are escorted by a kayak showing the optimal way on distance.
9. If swimming stage cannot be conducted due to an Act of God (water temperature below +12 °C, flooding, strong wind over 15 meters per second contamination of water with substances harmful to athletes' health, etc.) the race will be cancelled. Registration fee will not be refunded.

7 Competition Agenda

1. 8:30-10:30 – receiving starting packets for all distances;
2. 10:30 - pre-start briefing for 3000 meters swim competitors;
3. 11:00 – **3000 meters swim starts**;
4. 12:30 – pre-start briefing for 5000 meters swim competitors;
5. 13:00 – **5000 meters swim starts**;
6. 15:30 – pre-start briefing for Sea mile swim competitors;
7. 16:00 – **Nautical mile (1852 meters) swim starts**;
8. 18:00 – awarding ceremony.

8 Start



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1. Competitors in Nautical Mile, 3000 meters and 5000 meters swimming competitions start in lines.
2. 3000 meters swim competitors start at 11:00
3. 5000 meters swim competitors start at 13:00
4. Nautical mile (1852 meters) swim competitors start at 16:00

9 Control time

1. Following control times are identified on the competition:
 - for Nautical mile distance - 1 hour 30 minutes;
 - for 3000 meters distance - 1 hour 45 minutes;
 - for 5000 meters distance - 2 hours 30 minutes;
2. If an athlete does not finish the race in control time, one will be eliminated.

10 Feeding

1. Feeding in all the three distances is self-provided.

11 Timekeeping

1. Electronic timekeeping is used on the competitions. Each competitor needs to get a personal electronic chip prior to the start.
2. Chip is fastened to the lower part of the leg with elastic tape provided by the organizers and must not be taken off during the competitions.
3. If the chip is lost a competitor has to inform the organizers immediately. Further participation of the sportsman is possible only if approved by organizers committee. The competitor has to refund its value to the organizers.
4. When entered the Recovery zone (as well as having fallen out of race) competitors must return their chips to the organizers.
5. For additional control over passing the distance other timekeeping methods may be applied.

12 Attitude of mind

1. The main objective and the top priority of A1 SWIM competitions is getting the maximum satisfaction from the process of the competitions while keeping up each participant's health. To achieve this goal we strongly recommend to all the participants to keep in mind polite and utmost friendly relationships between sportsmen as well as between other people involved in the competitions.



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2. Organizing Committee retain the right not to react on remarks and appeals from sportsmen if they are expressed in inappropriate manner, in a bold or rude way.
3. Majority of volunteers involved in the competitions help athletes to take part in the race for free. All volunteers are instructed prior to the competitions. However, keep in mind that not all of them are aware of all the specific details about triathlon competitions. If any misunderstanding occurs we kindly ask you to explain to the volunteers their mistakes or inform them about impropriety of their actions.

13 Awarding

Competitors are awarded with prizes from A1 SWIM partners

- Men taking **1-3** places in **total classification**
- Women taking **1-3** places in **total classification**
- Men taking **1-3** places **in their age category**
- Women taking **1-3** places **in their category**
- **All competitors** finishing the distance are awarded with honorable **finisher medals**

14 Financing

1. Costs of organizing and conduct of the competitions: paying judges, service personnel (doctor, nurse, distance keeper, workers, etc.), transportation in minivan, and medical service of an ambulance of class B for the needs of the competitions as well as providing awarding symbols are covered by the funds of the Organizing Committee.

Given Regulations is an official invitation to the competitions.

Visas:

General manager of the Association of non-profit organizations O2 TEAM Centre of Promotion of Sport and Healthy Lifestyle

A.S. Denisov

General manager of A1 Ltd.

Y.V. Bordakova