***City of Plymouth Amateur Swimming Association***

**Breakwater Race – Conditions of Entry**

**To be retained by the Competitor**

1. This event is open to members of clubs affiliated to the City of Plymouth Amateur Swimming Association who are 16 years of age or older on the date of the competition.
2. Entries are limited to two per club. Not every club takes up the places on offer.
3. Entries will be accepted by the organisers on or before the closing date and subject to payment of the entry fee.
4. Medals will be awarded to the first, second and third competitors to finish. Certificates will be awarded to all swimmers who complete the course.
5. All competitors must attend the briefing meeting to be held prior to the event at a time and place to advised.
6. Entrants will be required to have their race number written on their back. It is essential on grounds of safety that the hat provided must be worn.
7. There is a time limit of **1 hour 10 minutes** to complete the course. Any competitor not finishing within the time limit will be requested to leave the water.
8. Swimmers **are not** permitted to wear Wet/dry suits as this is a condition for this race. Additionally, swimmers **are not** permitted to use or wear any device which may be an aid to their speed, endurance, or buoyancy. Goggles, nose-clips, and ear plugs **may be used**.
9. Swimmers shall be allowed to use grease or any other substances providing these are not in the opinion of the organisers, excessive.
10. Only the official safety boats and canoes will be allowed on the course during the race. Competitors will not be allowed to use their own escort vessel.
11. If, due to inclement weather, the event must be cancelled, the organisers will make every effort to re-run the event on another date. If this is not possible then, after all expenses have been met, a percentage of the entry fee may be refunded.
12. Protests shall be made and dealt with as in line with Swim England rules.
13. The City of Plymouth Executive Committee shall decide any matter not provided for in these conditions.
14. **Swimmers must gain experience of swimming in British open water conditions prior to the event taking place. It is important that the stipulation on the reverse side of the entry form is noted.**
15. If you have any queries concerning the conditions of entry please contact Diego Walker Open Water Secretary, Mobile 07926352669 or via E mail: diegowalker1@googlemail.com