

“Sean O Sullivan Memorial Swim”

Sunday 6th September 2015

The Event

This is the third running of the Sean O’Sullivan memorial swim, the event is being run under Swim Ireland/Munster Open Water swim rules & all swimmers must have Swim Ireland insurance.

The University of Limerick Activity Centre (ULAC) is kindly facilitating the event start/finish and also providing changing rooms/toilet/shower and other facilities on the day

The swim distances on offer to entrants are 1.5K, 3K, & 5K.

Swimmers in the 5k even will have race numbers on one hand in red. Swimmers in the 3K event will have race numbers on both their hands in RED, and swimmers in the 1.5K event will have their race numbers on both their hands in BLACK writing.

Swimmers in the three events will have different colour swim caps.

Detailed vetting of all entrants will take place and together with estimated 750m/1500m swim times being requested as part of the registration process only very competent swimmers will be allowed to take part in the races on the day.

Swimmers under the age of 18 are required to have guardian or parental consent.

The minimum age for competitors in the 1.5/3K swim is 12, and it should be determined at registration that swimmers aged between 12-18 yrs. are competent for the distances entered. Minimum age for the 5k swim is 16.

Fee for 5k swim will be 30 euro, fee for 1.5 and 3k swims is 20 euro.

Finish times will be taken and winners in several categories will be named – but the emphasis is on event completion and not time.

For safety reasons, the organisers will remove all swimmers from the water if their session has not been completed within the maximum time (45 minutes-1.5K swim/70 minutes-3K swim, 135 minutes-5k swim) or if a swimmer is in obvious distress.

ROUTE AND TIME

The race begins with a shallow water start adjacent to the end of the pier, all swimmers must have at least one hand on the pier wall.

Sign in registration on the day is between 09:00-10:30am,

5k: Race briefing at 10:15am, Race start 5k: 10.30

1.5k and 3k: Race briefing at 11:00am, Race start: 11:15

The course for the 1.5 and 3k swims will be marked by large coloured buoys & the route is anti-clockwise (Marker Buoys on the LH side of Swimmers) but the safety boats and kayakers will ensure no swimmers veer off course. The course for the 5k swim is an out and back swim with a small island to be circumnavigated as the turnaround point. It will be marked by buoys which are maintained on the RH side of the swimmers for both the out and back segments. However, on rounding the island, the swimmers will be guided by buoys back to the out route, rather than being allowed swim directly across the lake to the centre (See diagram). Safety boat and kayakers are also on hand for the 5k swim.

RACE DESCRIPTION AND RULES OF ENGAGEMENT:

The event consists of three races distances, 1500m (1 Lap) & 3K (2 Laps) & 5k out and back course.

§ Swimmers participating in the 5K swim will start first on the count of 3 (3-2-1) followed by an audible air horn.

§ At the start, all swimmers must be touching the pier with any part of their body.

§ The course will follow the bouys across the lake, keeping those bouys on the swimmers left. On reaching the final bouy, the swimmers will maintain that on their left and return in the direction of the ULAC, again maintaining the bouys on their left.

§ Swimmers participating in the 3K swim will start second, on the count of 3 (3-2-1) followed by an audible air horn.

§ At the start, all swimmers must be touching the pier with any part of their body.

§ The course lap is 1500m; three large coloured marker bouys are located on the course around which swimmers must turn, markers bouys must be kept to the left of swimmers.

§ Swimmers competing in the 3K swim shall complete two laps of this course before exiting the water at the slipway.

§ Care must be taken at the finish slipway by all swimmers as it is quite 'slippy'; marshals will be in place to assist swimmers and we have some ant-slip mats in place.

§ The water at the end of the pier is approximately 5-6 feet deep, however we recommend that you avoid diving in, enter the water using the pier ladders.

§ Swimmers competing in the 1500m swim will start 5 mins after the last 3K swimmers.

§ Known club swimmers/ex club swimmers in each race shall be handicapped based on their submitted times.(TBD)

§ Swimmers are responsible to navigate themselves; you should sight frequently to ensure you are on course.

§ The safety craft will assist to make sure you stay reasonably on course.

§ During the swim there are simple rules: Open water can be a contact sport – so the person in front can block you with their body and do a real strong normal kick if you are too close to their toes. Also ok is normal contact while near somebody: hand clashing, touching toes, swimming up and over a set of legs.

§ Rough swimming will not be tolerated, pulling, elbowing, punching or kicking out intentionally etc.

§ If you want to avoid 90% of any possible contact...stand back from the start and wait 5 seconds before you go. If you want to avoid 99% of all contact wait 30 seconds

§ SAFETY is paramount at all times, if you are aware of a fellow swimmer in difficulty you are expected to provide assistance until a safety craft arrives.

§ IF YOU ARE IN DIFFICULTY YOU SHOULD ROLL ON YOUR BACK IF POSSIBLE AND WAVE YOUR ARM(s).

If exceed the maximum swim time 45 minutes (1500M), 70 minutes for (3K) or 135 minutes for the (5K)the boats are instructed to remove you from the water.

IMPORTANT!

You must follow the directions of the safety crews if they ask you to get out.... we may have a larger safety issue.

1. Do not discuss or argue, just comply immediately.
2. The crews may have 80 plus swimmers to mind and we can't afford a private guide just for you.
3. If you do not obey an instruction to exit you will be BARRED from future swims and for visitors I will personally contact your home federation and notify them. It is a very serious matter.

RACE FINISH:

§ At the end of the swim yell your number (not your name) to the finish official.

§ Exit immediately up the slipway so you don't get run into, don't hesitate to put your hands in front on the ground for support

§ Get changed as soon as possible and alert marshals if you feel unwell or are injured in some way.

§ Abuse towards race organizers or Marshalls will not be tolerated and lead to automatic disqualification.