

BRIEFINGS

Briefings start from 8.15 and will be confirmed as soon as possible after the closing date for entries. The Briefing times will be published on the Swim NW website and will be emailed to all entrants.

Swimmers not attending the briefings will not be ALLOWED TO SWIM !!

1. **All Entries have to be made on line. There are no paper entries**
2. Each competitor is allowed to enter one event only.
3. Entry Fee: £15.00.
4. Registration: Swimmers MUST sign in at the registration desk at the appropriate time.
5. Participants must attend the briefing – Final Briefing Times will be published on line and sent to personal emails one week before the date of the competition.
6. Competitors must have their number clearly visible on their cap and body in accordance with ASA rules; the numbers are normally written in black ink markers on the cap and on each competitor's back and upper arms.
7. **All competitors MUST, IN THE INTEREST OF SAFETY, WEAR THE SWIM HAT AND WRIST BANDS PROVIDED.**
8. These events may be merged with other Festival events to ensure that the events run to time and are covered by appropriate safety measures.
9. Depending on entry numbers the events may be staggered.
10. A cut off time limit of 30 minutes after the first swimmer in each competition has finished shall operate
11. A competitor must be a registered member, or equivalent, of a club affiliated to the ASA, the Scottish ASA or the Welsh ASA. With their details visible on the on-line database, at the time of making the entry.
12. Competitors may enter in the name of one club only.
13. All competitors must be a registered ASA swimmer (Category-2).
14. Protests shall be made and dealt with as detailed in ASA Law.
15. Foreign competitors will be accepted if they are from one of the countries affiliated to FINA.
16. Ages and Distances are:
 - a. Age Groups: 12-14yrs – 1.5km; 15/16yrs – 3km;
 - b. Youth: 17/18 - 5km.
 - c. Masters and seniors - 1.5km, 3km or 5km. (Seniors are defined as 19 to 24)
17. Ages as at: 31st December 2015, to comply with National Events Conditions.
(The ASA have confirmed that the Age Group and Youth winners of each Region Championships will qualify for the National Championships.)
18. Regional Medals will be awarded to the first 3 male and female swimmers for
 - a. Ages: 12, 13, 14, 15, 16, 17, 18
 - b. Masters: Each Masters Age Group
 - c. Standard certificates will be awarded to those competitors who finish the course.
 - d. Presentations will take place as soon as possible after completion of the event.
19. Separate Awards will be made to the first 3 male and female swimmers for Cheshire County, Lancashire County and NDSA Swimmers
 - a. Ages: 12, 13, 14, 15, 16, 17, 18
 - b. Masters: Each Masters Age Group

- c. No certificates will be awarded.

- 20. Swim Gear: No swimmer shall be permitted to use or wear any device, which may be an aid to their speed, endurance or buoyancy. Goggles, cap, nose clip and earplugs may be used. Only one costume is allowed. Costumes must comply with FINA Open Water rules.
- 21. Grease: Swimmers shall be allowed to use grease or other substances providing these are not deemed as excessive, in the opinion of the Referee.
- 22. Any matters not provided for in these conditions shall be decided by a Regional Management Board Member and the event Referee in consultation with the PSUK coordinator.

- 23. Any swimmer representative (coach/chaperone) not attending the briefing will result in the swimmer NOT being allowed to swim.**