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**2022 DOWNY BLUE MARLIN OPEN WATER MILE**  
– Sanction no: 22214

- VENUE:** Doctor's Cave Beach, Montego Bay, Jamaica  
Manual timing will be used
- DISTANCES:** 400 Metres, 800 Metres & 1 Mile  
The 400 M swim is Restricted to swimmers 10 years and Under  
The 800 metre & 1 Mile Swim race is open to all swimmers  
Open Relay 4 x 100 M
- RACE COURSE:** 200 Metre rectangular course swimming in a clockwise direction.
- DATES & TIMES:** Sunday July 3<sup>rd</sup> 2022 8:00 AM  
Marshalling begins at 7:30 AM
- ELIGIBILITY:** Recreational to Elite Swimmers  
**Age Group Swimming** - Ages shall be as of midnight July 2<sup>nd</sup> 2022  
**Masters Swimming** - Ages shall be as of midnight July 2<sup>nd</sup> 2022
- ACCOMMODATION:** Special accommodation rates have been arranged for participants. Details will follow.
- ENTRY FEES:** J\$1,500 or US\$15 per individual event  
J\$2,000 or US\$20 For each Relay Team entry
- RULES:** FINA rules appropriate for open water events in force at time of competition will apply.  
Additional Rules and Regulations see below.
- ENTRY DEADLINE & REGISTRATION:** All Entries will be accepted on line at [my.raceresult.com](http://my.raceresult.com) up to June 30<sup>th</sup> 2022. For registration information please contact Rosie Logan at 876 483 7448 email [theswimplace@yahoo.com](mailto:theswimplace@yahoo.com) ; Alan Beckford 876 812 8338 email [abeckford@beckasports.com](mailto:abeckford@beckasports.com) or Allan Marsh 876 579 6171 email [armarsh164@gmail.com](mailto:armarsh164@gmail.com)

Entry fees are payable by credit card or bank transfer and must be paid before the event.

## 1. RULES AND REGULATIONS

- 1.1. Roll call and briefing of entrants will be taken at 7:40 am
- 1.2. Swimmers will assemble at the starting line at 7:50 am
- 1.3. The race will begin at 8:00 am
- 1.4. The course will be clearly demarcated by ropes and buoys
- 1.5. The events will be contested over 400 Metres; 800 metres & 1 Mile
- 1.6. Competition will take place in 7 Age Groups: 10 & Under; 11 - 15; 16 – 24 and Masters 25 – 35; 36 – 45; 46 - 55 and 56 & Over.

- 1.7 The 400 Metre Swim is restricted to swimmers 10 years & Under.
- 1.8 The 800 Metre and 1 Mile swim races are open to all swimmers.
- 1.9 The 4 x 100 Metre Relay is open to all age Groups
- 1.10 All events will end at designated finish line at Doctor's Cave Beach at end of the course.
- 1.11 All swimmers will be subject if requested do a medical check prior to the start of the race.
- 1.12 All swimmers must attend pre-race briefing on the beach online on the day before the event.
- 1.13 All swimmers must go through the head count prior to the start of the race.
- 1.14 The referee shall signal to swimmers, by raised flag and short blasts on the whistle, that the start is imminent and, when satisfied, indicate by pointing the flag at the starter that the competition may commence.
- 1.15 The starter shall be stationed in such a position as to be clearly visible to all competitors and on signal of the referee, the starter will raise a distinctive flag into the vertical position and simultaneously bring the flag down and activate an audible signal.
- 1.16 At the start, swimmers will start from the Water.
- 1.17 Obstructing, interfering with or making intentional contact with another swimmer shall, if in the opinion of the Referee be deemed to be "**unsporting impedance,**" will lead to disqualification.
- 1.18 Rescue boats shall be strategically located along the course to assist swimmers who are believed to be in difficulty or who signal for assistance. All rescue boats will have trained Lifeguards.
- 1.19 Swimmers shall not receive support from any fixed or floating object and shall not touch or be touched by any safety craft or crew therein
- 1.20 Swimmers shall not be disqualified for standing during of the race, **but walking/running is not allowed.**
- 1.21 All swimmers shall have their competition number clearly displayed on their arms and back.
- 1.22 No swimmer shall be permitted to use or wear any device that may be an unfair aid to their speed , endurance or buoyancy. Goggles, nose clips and ear plugs may be used. No snorkels or fins are allowed.
- 1.23 Swimmers shall be allowed to use grease or other such substances as long as these are not, in the opinion of the referee, excessive.
- 1.24 The pacing of a swimmer by a non-competitor entering the water is not permitted and shall result in disqualification of the swimmer
- 1.25 In case of difficulty in the water, the swimmer should extend hands in an upward position, signaling that help is required
- 1.26 The Referee shall have full control and authority over all officials and shall adjudicate on all protests related to the conduct of the race, including final placing, if necessary. The Referee's decisions shall be final.
- 1.27 Completion of Registration form, payment of entry fee and participation in the race shall be deemed to signify agreement with and acceptance of these rules.

## 2. AWARDS

2.1 Prizes will be awarded to the top finishers in each age group

All swimmers completing their respective races will receive an official certificate of achievement and a competition swim cap.