

Guidelines for Swimming 2010

Age groups

UNDER 10
UNDER 14
OPEN
MASTERS (35+)

- Swimmers under 10 years of age on 31st August 2009 will not be officiated by ASA officials
- All events will be mixed ages to include the under 10's also. Swimmers will only be able to win medals and break records in their own age group or open events. Please indicate which group you wish to swim in by circling the relevant one on the application form.
NB: You may not enter age group/masters and open events ("Open" means all ages may enter).
- **Medal ceremonies** will be performed for under 14's and under 10's only. All other competitors will collect their medals from the medal table. (This is to save time and help to start the afternoon indoor events on time.)
- For **25 M** races disqualification will be at the discretion of the organizers (very lenient). For all events above this distance it will be strictly by ASA rules
- It is the responsibility of each swimmer to be at the marshalling station 3 races before their event.
- The competition will run under DAA rules
- Buoyancy aids of any sort will not be allowed in the main competitive pool. The only equipment which will be allowed are goggles, ear plugs and nose clip
- Medical certificates will be required for competitors who cannot physically complete a stroke or require a tapper.
- **Anyone wishing to take photographs at the swimming event must register their intent at the appropriate table provided.**
- **After registration your Camera must display a tag.**