

53. OPEN WATER SWIMMING SERIES COMPETITION



Purpose

- To find out the winners of the stages of the open water swimming series competition and the overall winners in different age groups.
- Popularization of open water swimming as a competitive sport.
- Popularization of open water swimming as a health sport
- Awareness of the importance of swimming skills.

Execution

- The running of the series competition is coordinated by the Estonian Swimming Association. The stages are carried out by local sports clubs and associations, municipalities, NGOs and supporters of the venues.
- This guide describes the general conditions for conducting a series competition and the system of keeping aggregate records.
- Each stage has its own competition guide with start times, information on registration and entry fees and other information related to the specific competition.

Stages of the series competition

Stage I: June 15, Karksi-Nuia open water swimming, Karksi-Nuia, Mulgi parish, Karksi-Nuia lake main organizer: MTÜ AOK Arendus

Stage II: July 7, Tabivere open water swimming Tabivere, Saadjärv main organizer: MTÜ AOK Arendus

Stage III: July 14, Elva open water swimming, Elva, Lake Arbi main organizer: MTÜ AOK Arendus

IV stage: July 27, 31 Väike Väina open water swimming, Väike Väin, Vahtna (Muhu) - Orissaare (Saaremaa), main organizer: MTÜ Konnonkonn

Stage V: August 3, 4. Haapsalu - Österby open water swimming, Haapsalu - Österby, Haapsalu Tagalaht main organizer: Master Swimming U-Klubi

Stage VI: August 9, 4th O. Lukin memorial competition, Pühajärve, Otepää municipality, Pühajärv main organizer: Master Swimming U-Klubi

VI stage: August 17, G. Otsa memorial competition, Võru city, Tamula lake main organizer: Võrumaa Sports Association

Distances

- All stages have a main distance of 1500 - 3000 m.
- In addition, there is usually also a children's competition and a public swim shorter than the main distance. The events and conditions of these distances are described in the instructions for the respective competition.
- Swimming routes are marked with buoys.
- The length of the distances is determined according to the specific amount of water, water temperature and weather conditions. The planned length of the main distance of each stage is described in the competition instructions. The organizer has the right to shorten the length of the main distance for participants over 80 years old or combine it, e.g. with the start of the public distance. The final decision on the lengths of the distances will be made on the morning of the race day. Course diagrams for all distances must be visible at the competition venue.

Participation

- The competitions are open to everyone who has registered according to the instructions, has sufficient swimming skills to cover the distance and has signed a declaration of health status.
- The main distance competition is held for women and men in nine age categories:

14 - 16 year olds (year 2010 - 2008)
17 - 19 year olds (year 2007 - 2005)
20 - 29 year olds (years 2004 - 1995)
30 - 39 years old (years 1994 - 1985)
40 - 49 years old (years 1984 - 1975)
50 - 59 years old (years 1974 - 1965)
60 - 69 years old (years 1964 - 1955)
70 - 79 years old (years 1954 - 1945)
80 years old and older (year 1944 and earlier)

Age class membership is considered on Dec. 31. 2024 as of

With the parent's or coach's permission and the organizer's consent, children under the age of 14 with very good swimming skills can also be allowed to start the main distance, who in this case will participate in the 14-16 age group.

- In the main distance, it is also possible to start with a calypso (it is allowed to swim with a World Aquatics textile leotard/swimming suit that does not meet the requirements of trousers). The conditions for swimming with calypso (either outside the competition or in a separate competition, e.g. absolute class) are determined by the instructions of the respective competition.
- The age groups of children's and people's distances and the rules for using calypso are determined by the instructions of the respective competition.

Registration and entry fee

- Registration for races and entry fees according to the instructions for a specific stage.

Scoring of the series

- Points are calculated as follows: 1st place - 20 points; II place - 15 points; III place – 10 points; IV place - 8 points; V place – 6 points; VI place - 5 points; VII place – 4 points; VIII place - 3 points; IX place - 2 points; X place - 1 point.
- The sum of the points collected in the best five (5) stages is taken into account in the overall ranking of the series competition. If two or more contestants end up with equal scores, the one with more first places will be awarded the higher place, in the case of a tie for first places, more other places, etc. If it is still not possible to explain the superiority in this way, the higher place will be given to the older athlete in the last stage, or in case of non-participation of both

Rewarding

- The awarding of each stage is done according to the instructions of the specific competition.
- At the conclusion of the series competition, the winner of each age group is awarded a medal and a traveling cup, which will be kept for one year. Athletes who take 2nd and 3rd place in their age group overall will be awarded a medal.
- If a competitor has won the trophy three years in a row in the same age group, the trophy belongs to him and the organizers will replace it with a new one.
- The winner of the cup must return the cup to the EUL representative in the first stage of the next season or to the EUL office by July 1st.
- In the case of children under 14 years of age, everyone who has participated in at least three stages (regardless of the distances) will be awarded with a medal for the combined event.

Rules

- In the case of a race going into the aggregate of a series race, the water temperature must be between +16 C and +31 C degrees.
- Allowed swimwear:
One bathing suit, swimming goggles, maximum two (2) swimming caps, nose clip and earplugs may be used. All aids that can improve the swimmer's speed, buoyancy and endurance (flippers, swimming boards, socks, gloves, etc.) are prohibited. A safety buoy tied around the swimmer's body is permitted, but must not be used as a propulsion aid and the user must ensure that the buoy does not pose a danger to fellow competitors.
When the water temperature is +18 C and above, only textile swimsuits are allowed that do not cover the neck and shoulders and do not reach below the ankles (WA III p. 7.1) and the costume must not have locks, hooks or other fasteners (WA I p. 7.5.1.6).
It is allowed to compete with a calypso in a separate calculation in the calypso class.
In case of water temperature below 18 degrees, the organizing committee of the competition, in cooperation with the EUL representative, will decide on measures to ensure the safety of the competitors. In addition to the water temperature, other weather conditions (air temperature, wind, waves) as well as circumstances and possibilities at the start and finish location (e.g. availability of a hot shower or sauna, etc.) must be taken into account. Shortening the distance, allowing calypsos, increasing the number of escort boats and improving recovery conditions on shore should be considered as possible solutions. The participants must be informed of the respective decisions as soon as possible, but no later than 20:00 the day before the competition.
- Competitors must wear a swimming cap.
- The participant will be marked with a competitor's number according to the procedure prescribed by the organizer. The contestant may not remove the number before finishing.
- Each participant is personally responsible for his swimming ability and health condition and must sign a declaration of health condition before the competition. For children under 18, a parent or legal guardian signs.
- All questions not discussed in the guide or in dispute will be resolved by the chief judge of the competition (if necessary in cooperation with the EUL representative), questions concerning the overall score of the series competition will be resolved by the EUL representative.

Securing competitions

- The organizers provide a lifeguard service at the competitions. Boats and, if necessary, other watercraft accompany swimmers throughout the distance.
- First aid equipment is available in the competition center.

More detailed information about the general questions of the series competition can be obtained from Kristiina Arusoo by phone +372 56 656831 or e-mail at avavesi@swimming.ee

Detailed additional information about the various stages is published on the EUL website www.swimming.ee