

54th ESTONIAN OPEN WATER SWIMMING SERIES



Purpose

- To determine the winners of the stages and overall standings of the open water swimming series competition in different age groups.
- Popularizing open water swimming as a competitive sport.
- Popularizing open water swimming as a recreational sport
- Awareness of the importance of swimming skills.

Implementation

- The series is coordinated by the Estonian Swimming Federation. The stages are carried out by local sports clubs and associations, municipalities, NGOs and supporters.
- These guidelines describe the general conditions for conducting a series competition and the system for keeping aggregate records.
- Each stage has its own competition guide, which includes start times, information about registration and entry fees, and other information related to the specific competition.

Series competition stages

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

Stage II: June 28, 5th Haapsalu - Österby open water swimming, Haapsalu - Österby, Haapsalu Tagalaht main organizer: Master Swimming U-Klubi

Stage III: July 13, Elva open water swimming, Elva, Arbi lake main organizer: MTÜ AOK Arendus

Stage IV: July 26, 32nd Väike Väin Open Water Swimming, Väike Väin, Vahtna (Muhu) – Orissaare (Saaremaa), main organizer: MTÜ Konnonkonn

Stage V: August 2, 5th O. Lukin Memorial Competition, Pühajärve, Otepää parish, Pühajärv main organizer: Master Swimming U-Klubi

Stage VI: August 3, Tabivere open water swimming, Tabivere, Saadjärv main organizer: MTÜ AOK Arendus

Stage VII: August 17, G. Ots Memorial Competition, Võru City, Lake Tamula, main organizer: Võru County Sports Association

Distances



- All stages have a main distance of 1500 - 3000 m.
- In addition, there is usually a children's competition and a group swim shorter than the main distance.
- The running and conditions of these distances are described in the respective competition instructions.
- Swimming routes are marked with buoys.
- The planned lengths of the distances for each stage are described in the competition instructions. The organizer has the right to shorten the length of the main distance for participants over 80 years of age or combine it with, for example, the start of the folk distance.
- The final decision on the length of the distances will be made on the morning of the competition day, based on the specific body of water, water temperature, and weather conditions.
- 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 complete the distance, and has signed a health declaration.

- The main distance race is held for women and men in nine age groups:

14 - 16 years old (i.e 2011 - 2009)

17 - 19 years old (i.e 2008 - 2006)

20 - 29 years old (i.e 2005 - 1996)

30 - 39 years old (i.e. 1995 - 1986)

40 - 49 years old (i.e. 1985 - 1976)

50 - 59 years old (i.e. 1975 - 1966)

60 - 69 years old (i.e. 1965 - 1956)

70 - 79 years old (i.e. 1955 - 1946)

80 years and older (i.e. 1945 and earlier)

Age group membership is calculated as of Dec. 31, 2025.

With the permission of a parent or coach and the agreement of the organizer, children under the age of 14 with very good swimming skills may also be allowed to start the main distance, participating in the overall classification in the 14-16 age group. The age group for a specific competition is determined by the competition instructions.

- It is also possible to start in a calypso in the main distance (swimming in a swimsuit that does not meet the World Aquatics textile leotard/shorts requirements is permitted). The conditions for swimming in a calypso (either outside the competition or in a separate competition, e.g. in the absolute class) are determined by the relevant competition instructions.
- The age categories and rules for using calypso for children's and folk distances are determined by the respective competition guidelines. Folk distances must have at least one age category for under 18s.

Registration and entry fee

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

Series competition scoring

- Points are calculated as follows: 1st place - 20 points; 2nd place - 15 points; 3rd place - 10 points; 4th place - 8 points; 5th place - 6 points; 6th place - 5 points; 7th place - 4 points; 8th place - 3 points; 9th place - 2 points; 10th place - 1 point.
- The total points earned in the five (5) best stages of the series competition will be taken into account in the overall standings. If two or more competitors have the same number of points in the end, the higher place will be taken by the one with the most first places, in the case of equal first places, by the most second places, etc. If the superiority cannot be explained in this way, the higher place will be taken by the one with the best place in the last stage or, if both do not participate, by the older athlete in the 20+ age groups and the younger athlete in the -20 age groups.
- To participate in the overall standings of a series competition, you must take part in at least three stages.
- There is no place-based aggregate calculation in the folk and children's distances and in the main distance calypso class.

Rewarding

- The awards for each stage will be given according to the specific competition guidelines.
- At the end of the series, the winner of each age group will be awarded a medal and a traveling trophy, which will remain in their possession for one year. The athletes who achieved 2nd and 3rd place in their age group in the overall standings 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 them and the organizers will replace it with a new one.
- The winner of the cup must return the cup to the EUL representative no later than July 1 of the following season.
- For children under 14, a total medal will be awarded to everyone who has participated in at least three stages (at any distance).

Rules

- For a race that counts towards the overall standings of a series competition, the water temperature must be between +16 C and +31 C degrees.
- Allowed swimwear:
 - One swimsuit, swimming goggles, a maximum of two (2) swimming caps, nose clips and earplugs may be used.
 - All aids that may improve a swimmer's speed, buoyancy and endurance (fins, swim boards, socks, gloves, etc.) are prohibited. A safety buoy tied around the swimmer's body is permitted, but it may not be used as a means of propulsion and the user must ensure that the buoy does not pose a danger to fellow competitors.
 - If the water temperature is +18 C and above, only textile swimsuits are permitted that do not cover the neck and shoulders and do not extend below the ankles (WA III p 7.1) and the swimsuit must not have locks, hooks or other fastening devices (WA I p 7.5.1.6).
 - In a separate competition in the calypso class, it is allowed to compete with a calypso.
 - In case of water temperatures below 18 degrees, the competition organizing committee, in cooperation with the EUL representative, will decide on measures to ensure the safety of the competitors. In addition to water temperature, other weather conditions (air temperature, wind, waves) and conditions and opportunities at the start and finish location (e.g. the availability of a warm shower or sauna, etc.) must be taken into account. Possible solutions include shortening the distance, allowing calypsoes, increasing the number of escort boats and improving recovery conditions on the shore. Participants must be informed of such decisions as soon as possible, but no later than 8 p.m. the day before the competition.
- Wearing a swimming cap is mandatory for competitors for safety reasons. Depending on weather conditions, the competition organizing committee may make special requirements or concessions, which must be described in the instructions or notified to participants no later than the day before the competition.
- The participant will be marked with a race number according to the procedure prescribed by the organizer. The participant may not remove the number before finishing.
- Each participant is personally responsible for their swimming skills and health and must sign a health declaration before the competition. For those under 18, the signature must be provided by a parent or legal guardian.
- All issues not covered in the instructions or in dispute will be resolved by the head referee of the competition (if necessary in cooperation with the EUL representative), issues concerning the overall standings of the series competition will be resolved by the EUL representative.

Competition security

- The organizers will provide lifeguard services during the races. Boats and, if necessary, other watercraft will accompany swimmers throughout the entire distance.
- The competition center has guaranteed availability of first aid equipment.

For more information about general questions about the series competition, please contact Kristiina Arusoo by phone +372 56 656831 or by e-mail at avavesi@swimming.ee

More detailed information about the different stages will be published on the EUL website www.swimming.ee