



2019 LOS RULES SNAPSHOT...

The full LOS Rules document can be downloaded from the www.howdidyouswim.com homepage.

This is simply a one-page swimmers snapshot of the 2019 rules.

1. Make sure you're prepared and acclimatised to compete in open water conditions.
2. All swimmers need to be registered and currently paid up with Swim Ireland, and must be a member of a swimming club.
3. With your Swim Ireland number, swimmers can register anew or re-register on www.howdidyouswim.com for the season. All new swimmers must register at least 24 hours before turning up to their first race, in order to receive an LOS number. A €21 one-off registration fee for the 2019 season applies to all new and existing swimmers. Unauthorised registration with another swimmers details will lead to immediate disqualification. Swimmers need to enter an accurate 1600m time when registering. 50 minutes is the cut off time for 1600m. New or returning (over three years) swimmers will not be included in the prizes for their first four swims (except for Fastest Time).
4. All swimmers need to turn up for each swim at least one hour before the scheduled start time. Registration will close around 30 minutes before the race. The registration lines will be long and parking at some venues is limited, so the earlier the better.
5. All swimmers have to compete on a best effort basis at each race, in order for the handicap system to calculate and assign fair handicaps to all. The slowest swimmers will start first (at GO), and then in blocks of 15 seconds the faster swimmers will enter, until the fastest person who starts his or her swim last (at SCRATCH).
6. ALL swimmers need to attend the safety briefing before each race. Location, weather and course specific instructions will be explained at these brief, but important meetings.
7. All swimmers must wear a bright luminous external swim cap (pink, orange, yellow or green).
8. All swimmers will be allocated an RFID chip & velcro strap, which will be associated to your LOS number for the season. This will be used to scan and register when arriving to pay at each club race, and then scan again directly after completing each swim.
9. Wetsuit swimmers won't be included in the prizes or have their swims count as qualifiers for the LOS run majors. Wetsuit swimmers are encouraged to swim two races in wetsuits, and then move to an appropriate swimsuit when ready.
10. **Cheating or roping of any kind WILL NOT be tolerated.** Penalties for the swimmer and club will apply (e.g. starting before or after your allocated handicap, skipping bouys or taking shortcuts, getting unapproved assistance during the race, use of unapproved swimming aids, etc).
11. If you have any complaint or concern you wish to raise at any race, please direct this to your club representative/secretary, and they can direct it through to the appropriate contact in LOS via the appropriate channel. Do not confront an LOS or club representative at the race venue with your concern.
12. Swimmers safety is paramount. Please be aware of your responsibilities. If you're unaware, please ask your club representative or secretary for the well advertised safety guidelines.
13. If a race official asks you to exit the water (e.g. slower than max time allowed for distance, weather has turned, etc.), you must comply without hesitation!
14. All swimmers need to have completed a minimum of six LOS races to be in with a chance to enter 2019 The Jones Engineering 100th Dublin City Liffey Swim. Get as many as you can in early. Swimmers with 12 LOS races will be invited to enter on 1st July. Swimmers with 9 LOS races on 14th July. Swimmers with 6 LOS races on the 21st. Registration will strictly close on 28th July. The 2019 Jones Engineering 100th Dublin City Liffey Swim is on 3rd August.
15. Parents or guardians of any swimmer under the age of 18 on the day of their first intended race need to complete the consent form. Download from www.howdidyouswim.com or contact your club representative or secretary.