



W: [www.leinsteorpensea.ie](http://www.leinsteorpensea.ie)  
E: [leinsteropenseaswim@gmail.com](mailto:leinsteropenseaswim@gmail.com)  
T: [@LeinsterOpenSea](https://www.instagram.com/LeinsterOpenSea)

F: [www.facebook.com/leinsteropensea](https://www.facebook.com/leinsteropensea)  
F: [www.facebook.com/liffeyswim](https://www.facebook.com/liffeyswim)  
Y: [LeinsterOpenSea](https://www.youtube.com/LeinsterOpenSea)

**An 88ú Rás Chuan Dhún Laoghaire**  
**The c**  
**Bank Holiday Sunday 5<sup>th</sup> August 2018**  
**Overseas Entry**

The 88<sup>th</sup> Dún Laoghaire Harbour Race (“**Harbour Race**”) takes place on Sunday 13<sup>th</sup> August.

The <https://www.fitlive.ie> Online entry form is for swimmers who live outside of Ireland and would like to swim in the Harbour Race Visitors’ race on Sunday 13<sup>th</sup> August 2018.

The Harbour Race is approximately 2,100 metres. The water temperature can vary from 9 to 15 degrees Celsius (48 to 59 Fahrenheit). **Wetsuits are not allowed in the Harbour Race.** Swimmers in the Visitors’ race must be eighteen years of age on the 1st August 2018.

Overseas swimmers swim in the Visitors’ race which is a separate competition from the Confined Race, but run at the same time. The Confined Race is only open to swimmers who have completed qualifying races from the Leinster Open Sea Calendar.

### **Wetsuits**

Swimmers are not permitted to wear wetsuits in the 88<sup>th</sup> Dún Laoghaire Harbour Race.

### **Selection of Entries**

Leinster Open Sea will review the information you supply before offering you a place in the 88th Harbour Race. Leinster Open Sea will allocate places to overseas swimmers based on our assessment of their ability to complete the Harbour Race and the availability of places. Places are limited. Acceptance of this form or entry fee does not guarantee entry. Leinster Open Sea will refund money if we reject your application at the initial selection screening.

### **Swimming History**

After completing the online form and paying online we require you to email us with a short summary of your open sea swimming experience. Please email [leinsteropenseaswim@gmail.com](mailto:leinsteropenseaswim@gmail.com).

We will offer places to overseas swimmers based on the information you provide. Please remember to include contact phone numbers.

In order to be admitted into the 88<sup>th</sup> Dún Laoghaire Harbour Race, you must demonstrate that you have the ability to swim at least 2,200 metres in less than 55 minutes. You must also demonstrate experience of open water or open sea swimming without a wetsuit.

Please give details of your training patterns, how often you train, previous experience of open water or open sea swimming and your times for 100 metres, 200 metres etc. In order to be admitted into the 88<sup>th</sup>

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Dún Laoghaire Harbour Race you do not have to be a fast swimmer, however you must demonstrate that you can safely complete the 2,200 without assistance. At appendix I we have included some questions you should try and answer.

**Start time, Cancellation and Postponement**

Start time of men's race 5.00pm and ladies' race of 6.00 pm are estimated times. Time may change closer to the day of the race. Check our Facebook pages and website for announcements.

Leinster Open Sea reserve the right to:

- Cancel the 88<sup>th</sup> Dún Laoghaire Harbour Race if conditions are unsafe;
- Cancel the 88<sup>th</sup> Dún Laoghaire Harbour Race on advice from An Garda Síochána, Dublin Fire Brigade, Dún Laoghaire Harbour Company or Harbour Master;
- Change the start time of the races to accommodate requests from the Port Authorities;
- Change the route and or distance of the 88<sup>th</sup> Dún Laoghaire Harbour Race depending on conditions;
- Change the start time of the races to accommodate conditions in 88<sup>th</sup> Dún Laoghaire Dún Laoghaire Harbour; or
- Refuse admission to the 88<sup>th</sup> Dún Laoghaire Harbour Race.

Leinster Open Sea will not refund entry fees in the event that the 88<sup>th</sup> Dún Laoghaire Harbour Race is cancelled, postponed, start time changed or if a swimmer is asked to retire or refused admission to the race.

**Disqualification from 88th Dún Laoghaire Harbour Race**

Leinster Open Sea will disqualify swimmers who:

- Consume alcohol before the race;
- Do not arrive on time for registration;
- Enter Dún Laoghaire Harbour by any other means than the official start-point;
- Commence swimming before their given start time per the published handicap and called out by the race starter;
- Fail to follow the course or fail to go around designated marker buoys;
- Leave the course or the finish area without ensuring their name is marked off the list of swimmers;
- Do not obey instructions given by race officials or rescue crews;
- Engage in dangerous or unsporting behaviour; and or
- Win places or prizes but do not turn up on time for the presentations attended by sponsors and VIPs.

The above list is not exhaustive.

**Environmental Health Guidelines for Harbour Race**

If you suffer from a

- medical condition, or
- are recovering from illness; or
- are taking medication

you should consult with your doctor before entering the 88th Harbour Race or competing in open water swimming. Leinster Open Sea will bear no responsibility for your decision to enter the 88<sup>th</sup> Dún Laoghaire Harbour Race or any other swimming race.

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**Closing Date for Entries Tuesday 24<sup>th</sup> July 2018**

Overseas Entry fee for adults

Euro €80

**Lower entry fee for overseas swimmer registered with Fédération Internationale de Natation (“FINA”)**

If you are a member of swimming club in your home country which is affiliated to FINA, please scan and email us your membership card, showing your national / FINA competitor number. Please email [leinsteropenseaswim@gmail.com](mailto:leinsteropenseaswim@gmail.com).

FINA Registered Swimmers

Euro €60

For example, swimmers in the US who are members of the American Masters Association or Swimmers in the UK who are members of ASA would be FINA affiliated.

**Changes to Rules and Swimmer’s Declaration**

Leinster Open Sea and the host swimming clubs will from time to time, update and amend the Race Rules and Swimmer’s Declaration. Leinster Open Sea and the host swimming clubs may have to make amendments at short notice in order to ensure the safety of swimmers, rescue crews, race officials and spectators and to ensure good administration and fair competition of the open sea swimming races.

**Requested to Retire from Race**

**Exceed cut off Time**

Leinster Open Sea set cut off times to give swimmers a generous opportunity to complete the race course. **If you exceed the cut off time and are asked to retire from the race you must do so immediately.**

Leinster Open Sea will enforce a cut off times of 55 minutes in the 88<sup>th</sup> Dún Laoghaire Harbour Race.

**Incidents in Dún Laoghaire Harbour**

Please also be mindful that although you are making progress and can comfortably complete the race course within cut off time, there may be incidents happening elsewhere along the race course which you are not aware of. The race organisers and rescue crews may need to direct their full attention to those incidents and ask all remaining swimmers to retire and leave the water. **If you are asked to retire from the race and leave the water you must do so immediately.**

**Finish of the Race**

At the end of races, race officials may request swimmers to clear the water and collect their clothes and bag from the finish area. The race officials may wish to carry out a final tally to ensure that all swimmers are accounted for. Likewise race officials may wish to ensure that swimmers are in good condition and do not require medical assistance before releasing the Civil Defence and or first aid teams. **If you are asked to leave the water you must do so immediately.**

**Progress in the Race**

If in the opinion of race officials, shore observers or rescue crews:

- you are not making sufficient progress compared to other swimmers;
- your stroke rate has deteriorated;

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- you are constantly stopping; and or
- have stopped for over a minute and a half.

you will be asked to retire and leave the water. **If you are asked to leave the water you must do so immediately.**

### **Swimmer's Declarations**

I confirm that by completing the <https://www.fitlive.ie> Online Entry Form I am:

- in good health and have no physical condition, disease or injury which will impair me from swimming in the 88<sup>th</sup> Dún Laoghaire Harbour Race and completing the race course (approximately 2,100 metres to be confirmed);
- acclimatised to swimming in open water / open sea without a wetsuit in temperatures from 9 to 15 degrees Celsius;
- bound by the Swim Ireland Rule Book, Code of Conduct, Complaints and Disciplinary procedures; and
- bound by the rules of Leinster Open Sea as published on [www.leinsteropensea.ie](http://www.leinsteropensea.ie).

In the event of a conflict between the rules of Leinster Open Sea, and any other organisation, Leinster Open Sea rules will take precedent.

I confirm that I will:

- comply with all instructions given to me by race officials and rescue crews;
- retire from the race if requested to do so by race officials or rescue crews;
- leave the water and retire if I exceed the cut off time (1 hour (to be confirmed));
- ensure that my name is crossed off the list of swimmers by a race official on completion of the course;
- not engage in dangerous or unsporting behaviour;
- not drink alcohol before competing in the 88<sup>th</sup> Dún Laoghaire Harbour Race;
- wear the numbered swim cap provided and refrain from wearing or displaying any branded material from previous 88<sup>th</sup> Dún Laoghaire Harbour Races;
- ensure that my clothes and belonging are stored in a bag with my name, club and phone number clearly labelled on the bag; and
- not litter or leave rubbish at the 88<sup>th</sup> Dún Laoghaire Harbour Race; and
- accept the decision of Leinster Open Sea as final.

I confirm that I have not been advised against participation in the 88<sup>th</sup> Dún Laoghaire Harbour Race or open water swimming by a health professional.

If race officials or rescue crews consider that I am suffering from fatigue, hypothermia or disorientation or consider that I am in difficulty or danger, I authorise race officials and rescue crews to remove me from the water and bring me to a place of safety where I may obtain medical assistance.

I understand that Leinster Open Sea has a legitimate interest in using my photograph, video or digital image for safety, race administration, publicity and media purposes and I hereby accept such use.

I confirm that if I win a place or a prize that I will be available and on time for the presentation attended by sponsors and VIPs. I agree that if I do not turn up on time for the presentation that I will forfeit my prize.

**All Swimmers in the 88<sup>th</sup> Dún Laoghaire Harbour Race and the Leinster Open Sea Races swim at their own risk.**

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- I. I understand that my participation in the 88<sup>th</sup> Dún Laoghaire Harbour Race and the other swimming races on the Leinster Open Sea Calendar in 2018 or future years, constitutes a risk of serious injury (including diseases, paralysis or death) or mishap to me, and I voluntarily and knowingly recognise, accept and assume these risks personally and at my own volition.
- II. I am entering the 88<sup>th</sup> Dún Laoghaire Harbour Race and or the other swimming races on the Leinster Open Sea Calendar in 2018 or future years, of my own free will. I am aware of and assume all risks associated with participating in these races, including, but not limited to:
- Slip and fall hazards at entry point and egress point due to uneven ground, steps and wet surfaces;
  - Cuts and abrasions from rocks and sharp objects (including glass) at the entry and egress points;
  - Submerged hazards which are not visible from the water surface;
  - Collisions with objects floating in the river or the sea;
  - Collisions and contact with other swimmers competing in the race;
  - Collisions with rescue boats and kayaks;
  - Collisions with swimmers and mariners who are not participating in the race but who enter the race course;
  - Water pollution;
  - Risk of contracting infections and diseases including the following Leptospirosis (Weil's disease), E coli infections, Cryptosporidiosis and Hepatitis (The list is not exhaustive);
  - Stings and bites from marine or river life;
  - Hypothermia due to low air and sea temperature;
  - Seasickness and disorientation from wind and waves;
  - Effect of weather, wind, waver, currents and tidal streams;
  - Hazards caused by the shape of the sea floor or river floor or lake bed;
  - Damage or theft to personal property while swimming; and
  - Hazards posed by volunteers, spectators or members of the public.
- III. I shall participate with self-awareness, awareness of others and of my surrounding environment, with due care and caution, at all times looking out for my own safety and the safety of others.
- IV. I acknowledge that Leinster Open Sea is a voluntary not for profit organisation and that all members are volunteers. I understand that without their efforts, the 88<sup>th</sup> Dún Laoghaire Harbour Race would not take place. In consideration of (i) the taking place of the 88<sup>th</sup> Dún Laoghaire Harbour Race; and (ii) my participation in the race, I hereby agree to keep:
- Leinster Open Sea;
  - The other host swimming clubs who run races on the Leinster Open Sea Calendar;
  - Swim Ireland;
  - Rescue crews (including Civil Defence and Irish Water Safety);
  - Dún Laoghaire Harbour Company Limited;
  - Other sponsors;
  - Volunteers, stewards, race officials, rescue boat owners, kayakers, first aiders and

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shore observers;

- Directors, employees, representatives and any agents of the above

free from any legal claim related to my participation in the 88<sup>th</sup> Dún Laoghaire Harbour Race or any other swimming race on the Leinster Open Sea Calendar in 2018 or in future years including any claims that may arise in relation to the alleged negligence of any of those persons mentioned above. Accordingly, I release and discharge all those listed above from any losses or liabilities that may arise in relation to my participation in the 88<sup>th</sup> Dún Laoghaire Harbour Race or any other race on the Leinster Open Sea Calendar in 2018 or future years and I agree not to sue any of those persons for any claims, losses, or liabilities.

- V. I grant permission for the use of my name, image and or likeness relating to my participation in the 88<sup>th</sup> Dún Laoghaire Harbour Race and or any other race on the Leinster Open Sea Calendar in 2018 or future years, and I waive all rights to any future compensation to which I may otherwise be entitled as a result of the use of my name or likeness;
- VI. I understand that for safety and race administration purposes, my personal details will be held on computer database by Leinster Open Sea and shared with other host swimming clubs who run races on the Leinster Open Sea Calendar. I also understand and accept that my name and race results will be published on [howdidyouswim.com](http://howdidyouswim.com).
- VII. I also acknowledge that if Leinster Open Sea or any of the other host swimming club admit me to either the 88<sup>th</sup> Dún Laoghaire Harbour Race or any other swimming race on the Leinster Open Sea Calendar in 2018 or future years, it is my decision to enter the race and my duty to ensure that I am fit and able to safely complete the course without assistance. Leinster Open Sea and or the host swimming clubs bear no responsibility for my decision to enter either the 88<sup>th</sup> Dún Laoghaire Harbour Race or any swimming race on the Leinster Open Sea Calendar in 2018 or in future years.
- VIII. I will further ensure that I will check the Leinster Open Sea website and ensure that I have read the current set of Race Rules and comply with the current Swimmer's Declaration before participating in either the 88<sup>th</sup> Dún Laoghaire Harbour Race or any other swimming race on the Leinster Open Sea Calendar in 2018 or in future years. I am aware that Leinster Open Sea and the other host swimming clubs reserve the right to change and amend the Race Rules and Swimmer's Declaration at short notice.
- IX. I will take responsibility for friends and family who accompany me to the 88<sup>th</sup> Dún Laoghaire Harbour Race or any other swimming race on the Leinster Open Sea Calendar. I will ensure that they follow the instructions of race officials, stewards and rescue crews.

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**Appendix I**

The following information will help Leinster Open Sea assess your swimming ability and will allow the Hon. Handicapper to set your handicap. After completing the online Fit Magazine form please email this information to [leinsteropenseaswim@gmail.com](mailto:leinsteropenseaswim@gmail.com).

Please outline how you heard about the Dun Laoghaire Harbour Race?

Please give the name and address of your swimming club?

Please outline your open water swimming experience including swimming in water from 9 to 15 degrees Celsius?

Please outline your normal weekly swimming training?

Please disclose any medical condition, which you may suffer from?

Please list Open Water Races or Swims you have participated in since 1 June 2016 (Non-wetsuit)

<b>Race or Swim</b>	<b>Date</b>	<b>Location</b>	<b>Distance (Kilometre)</b>	<b>Your Time</b>	<b>Water Temperature</b>



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**Handicapped Race**

Leinster Open Sea run the Leinster Open Sea Races including the Dún Laoghaire Harbour Race under a handicap system so as to give each swimmer an opportunity of winning in their respective competition.

Based on the times you submit the Honorary Handicapper calculates your handicap. This determines when you will start the race. Slower swimmers will start swimming on “GO” whereas faster swimmers will have higher handicaps, increasing in intervals of 15 seconds after “GO”. Some swimmers will have to wait several minutes after “GO” before they can start to swim. The winner is the first swimmer to pass the finish line. The handicap system gives each swimmer an equal opportunity to win their respective competition.

In order to help the Handicapper to assess you, we ask that you give the handicapper an honest and fair assessment of your times swimming 1,600 metres in race conditions.

**1,600 Metres (Mandatory)**