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F: www.facebook.com/leinsteropensea

F: www.facebook.com/liffeyswim

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**An 88ú Rás Chuan Dhún Laoghaire
The 88th Dún Laoghaire Harbour Race
Bank Holiday Sunday 5th August 2018
Confined Race**

This form is for swimmers living in Leinster Only.

Swimmers from Overseas please complete separate online Form for Overseas Visitors' Race. Do not complete this online form.

Swimmers from Ulster, Connacht or Munster please complete separate online Form for Ulster, Connacht or Munster. Do not complete this online form.

The 88th Dún Laoghaire Harbour Race (“**Harbour Race**”) will be held on Bank Holiday Sunday 5th August.

The men’s race is at 5.00pm and the ladies’ race is at 6.00pm.

This <https://www.fitlive.ie> Online Entry form is for swimmers who wish to compete in the confined race. Leinster Swimmers who **have completed six qualifying races**.

Please click on the following link to Pay Online:

<https://eventgen.ie/d-n-laoghaire-harbour-race>

There are separate Online entries forms for Overseas Visitors and for Swimmers from Ulster, Connacht or Munster who wish to enter either the Visitors’ Race or the Confined competition.

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Qualifying Races for Confined Competition – Leinster Swimmers Only

In order to compete in the Confined Race of the 88th Dún Laoghaire Harbour Race, Leinster Swimmers must **have completed six qualifying** Open Sea Races from the 2018 Leinster Open Sea Calendar by Tuesday 24th July.

It is the responsibility of each competitor to ensure that their name appears in the results of the six qualifying Leinster Open Sea Races submitted on this form or attach supporting documentation in respect of country swims not on the Leinster Open Sea 2018 Calendar.

Country Swims for Leinster Swimmers

In addition to the races published on the Leinster Open Sea Calendar **two** of the following races will also count as qualifying races:

- Irish Long Distance Swimming Association 17k or 25k Lough Erne;
- Cork Masters' Lee Swim; or
- Limerick Masters' Thomond Swim

Reserve Right to Increase Qualifying Races

Leinster Open sea reserve the right not to accept entries. If in the event that the 88th Dún Laoghaire Harbour Race is over-subscribed and in the opinion of Leinster Open Sea we cannot safely accommodate all entries received we will award places based on a higher number of qualifying swims.

Qualifying Race Cancelled or Fails to Complete Qualifying Race

In the event that a qualifying race is cancelled that race will not count as a qualifying race. Each competitor must have completed six qualifying races and there must be six verifiable times.

Men's Qualifying races and Ladies' Qualifying Race

At typical Open Water Swimming races there are separate men's and ladies' races. If for whatever reason a woman want to swim in the men's race or a man wants to swim in the ladies' race that is permissible and that can be counted as a qualifying race. However, if a swimmer swims both the men's and ladies' race on the same day, they will only be allowed to count one of those races as a qualifier.

Wetsuits

If a competitor wears a wetsuit, that race will not count as a qualifying Open Sea Race for the Harbour Race. Wetsuits are not permitted in the 88th Dún Laoghaire Harbour Race.

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Cut off Time in Qualifying Races

Leinster Open Sea set cut off times to give swimmers a generous opportunity to complete the race course. The race team will start calculating cut off time from “GO” not when an individual swimmer starts swimming.

The race team will set the cut off time for each race before the race. As a rule of thumb, for a 1,600 metre race on a calm day, the race team will have a cut off time of forty eight minutes.

$$48 \text{ Minutes} \times 60 \text{ Seconds} = \frac{2,880 \text{ Seconds} \times 100 \text{ meters}}{1,600 \text{ Meters}} = 3 \text{ Minutes Per } 100 \text{ metres}$$

Assuming a course length of 1,600 metres, swimmers who swim at a pace of 3 minutes per 100 meters or faster will complete the course within the cut off time. This is a very generous time which all swimmers should be able to achieve.

The race team reserves the right to increase or decrease the cut off time depending on race day conditions. Shorter races will have shorter cut off time and longer swims will have longer cut off times.

Where a swimmer exceeds the cut off time, that swim will not count as a qualifying race for 88th Dún Laoghaire Harbour Race.

Parents or Guardians of Swimmers under 18 year of age 24 July 2018

In addition to completing this online entry form, Parents or Guardians of Swimmers under 18 years of age on Tuesday 24th July must sign their consent for their child to swim in the Harbour Race. Please complete Appendix I, scan it and email it to leinsteropenseaswim@gmail.com.

Leinster Open Sea must receive the signed Parental consent form before we will allocate a place in the 88th Dún Laoghaire Harbour Race to that minor child.

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 page and website for announcements.

Leinster Open Sea reserve the right to:

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

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

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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 1.00m for men and 2.00pm for ladies;
- Enter Dún Laoghaire Harbour by any other means than the RNLi Slipway;
- 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 the 88th Dún Laoghaire 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 Dún Laoghaire Harbour Race or competing in Open Water Swimming.

Leinster Open Sea will bear no responsibility for your decision to enter the 88th Dún Laoghaire Harbour Race or any other swimming race.

Closing Dates

Closing Date for Entries Tuesday 24th July 2018

Early entry fee for adults:	Euro €35
Early entry fee for minors (Under Tuesday 24 th July):	Euro €20

Collection of Hats and Shirts Thursday 10th August DIT Aungier Street

Hats and shirts for the 88th Dún Laoghaire Harbour Race can be collected from the DIT Aungier Street Thursday 2nd August (time to be confirmed usually 5 to 7.00pm).

Swimmers must ensure that their hats and shirts are collected from DIT Aungier Street either by themselves or by somebody nominated on their behalf. **Leinster Open Sea will NOT distribute hats or shirts on the day of the race.**

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Perpetual Trophies

Leinster Open Sea will retain both the men's and ladies' 1st place perpetual cups for safekeeping during the year. These cups will be going on display in the National Maritime Museum in 88th Dún Laoghaire. Leinster Open Sea will require winners of other perpetual trophies to sign for them and specify where they are going to be held before they may be taken from the presentation.

Leinster Open Sea reserve the right to retain for safekeeping any perpetual trophy or to request that a perpetual trophy is returned to the committee at any time during the year.

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 races.

Retire from the 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 88th 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;
- 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.**

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Disqualify and refuse Entry

Leinster Open Sea reserve the right to

- disqualify swimmers who do not comply with instructions given by race officials or rescue crews; and or
- refuse entry to future races to swimmers who do not comply with instructions given by race officials and rescue crews.

Swim Ireland Membership

Swimmers competing in the 88th Dún Laoghaire Harbour Confined Race must be full competitive members of Swim Ireland.

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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 Harbour Race and completing the race course (approximately 2,200 metres to be confirmed);
- acclimatised to swimming in Open Water without a wetsuit in temperatures from 9 to 15 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.

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 of 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 88th Dún Laoghaire Harbour Race;
- wear the numbered swim cap provided and refrain from wearing or displaying any branded material from previous 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;
- not litter or leave rubbish at the 88th 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 88th 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 Harbour Race and the Leinster Open Sea Races swim at their own risk.

- I. I understand that my participation in the 88th 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.

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- II. I am entering the 88th 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 steams;
 - 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 88th Dún Laoghaire Harbour Race would not take place. In consideration of (i) the taking place of the 88th 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 shore observers;
 - Directors, employees, representatives and any agents of the above
- free from any legal claim related to my participation in the 88th 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

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from any losses or liabilities that may arise in relation to my participation in the 88th 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 88th 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 howdidiyou swim.com.
- VII. I also acknowledge that if Leinster Open Sea or any of the other host swimming clubs admit me to either the 88th 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 88th 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 88th 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 88th 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.

