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**An 88ú Rás Chuan Dhún Laoghaire
The 88th Dún Laoghaire Harbour Race
Bank Holiday Sunday 5th August 2018
Swimmers from Ulster, Connacht & Munster**

**This online form is for swimmers living in Ulster, Connacht or Munster
(including Wexford Masters)**

The 88th Dún Laoghaire Harbour Race (“**Harbour Race**”) will take place on Sunday 5th August.

This <https://www.fitlive.ie> Online Entry Form is for swimmers who live outside of Leinster and would like to swim in the Dún Laoghaire Harbour Visitors’ Race. Swimmers in the Visitors’ Race must be eighteen years of age on the 1 August 2018.

Leinster Open Sea appreciates that swimmers living outside of Leinster may find it difficult to complete four qualifying races from the 2018 Leinster Open Sea Calendar by the closing date Tuesday 24th July 2018. The purpose of the Visitors’ Race is to give swimmers who live outside of Leinster the opportunity to swim in the 88th Dún Laoghaire Harbour Race.

Visitors’ Race – Swimmers from Overseas

Please complete application Form Visitors’ Race – Overseas Swimmers (not this form).

Selection of Entries

Leinster Open Sea will review the information you supply in this form before offering you a place in the Harbour Race. Leinster Open Sea will allocate places to swimmers from Ulster, Connacht or Munster bases on our assessment of their ability to complete the Harbour Race. 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.

Race Entry Requirements – Four Qualifying Open Sea Races

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

In order to qualify to compete in the 88th Dún Laoghaire Harbour Race swimmers must complete **four** qualifying swims so that the Handicapper can calculate a 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.

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Swimmers from Ulster, Connacht or Munster have the choice of entering either :

- Option 1 Visitors' Race; or
- Option 2 Confined Race.

Option 1: Ulster, Connacht or Munster Swimmers – Visitors' Race

The purpose of the Visitors' Race is to allow Ulster, Connacht or Munster swimmers who do not have the opportunity during the summer to travel to Leinster to come and swim in the Harbour Race.

Ulster, Connacht or Munster Swimmers can enter the Visitors' Race if they submit **four** times from open sea races of approximately a mile (1,600 metres) **anywhere in Ireland**. Please ensure to show:

- proof of participation from the organisers;
- your race time;
- the length of the course; and
- that you competed in a non-wetsuit category.

Please note that the qualifying four races can be anywhere in Ireland as long as they are run by a reputable organisation (charity races, swimming clubs, triathlon clubs, local fund raiser etc.).

Examples of qualifying swims include any of the Munster Swims, Myrtleville Swims, the Prom Swims in Galway, the Boyne Swim, the ILDSA swims in Ulster. There are many more around Ireland.

Ideally the race should be at least 1,600 metres and the organisers should issue a verifiable time and distance.

If a competitor wears a wetsuit, that race will not count as a qualifying time for the Harbour Race.

Please email to leinsteropenseaswim@gmail.com printout from race results when submitting this form online. Please show that you competed in the non-wetsuit category.

Option 2 - Confined Competition Entry Requirements - Ulster, Connacht. Munster or Wexford Masters Swimmers

Leinster Open Sea welcome swimmers from Ulster, Connacht & Munster who wish to compete in the Confined Competition of the 88th Dún Laoghaire Harbour Race. Swimmers from Wexford Masters may also avail of this option.

Swimmers from Ulster, Connacht or Munster must have completed **four** qualifying Open Sea Races from the 2018 Leinster Open Sea Calendar by Tuesday 24th July 2018. In addition to the races published on the 2018 Leinster Open Sea Calendar **one** of the following races will also count as qualifying races:

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

If you wish to enter the Confined Race please enter the names of the four qualifying Leinster Open Sea Races in the drop-down boxes on this online form. Please also email to leinsteropenseaswim@gmail.com and state that you want to enter the Confined race and that you qualify under the Ulster, Connacht, & Munster four qualifying swim rule.

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Wetsuits

Wetsuits are not allowed in the 88th Dún Laoghaire Harbour Race.

Start time, Cancellation and Postponement

Start time of men's race 5.00pm and ladies' race of 6.00pm 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 Limited;
- change the start time of the races to accommodate requests from the 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 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.

Disqualification from The 88th Dún Laoghaire Harbour Race

Leinster Open Sea may 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 slipway at the RNLI station;
- 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.

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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

Early Closing Date for Entries Tuesday 24th July 2018

Early entry fee for adults:

Euro €35

Collection of Hats and Shirts

Swimmers in the 88th Dún Laoghaire Harbour Race Visitors' Race will be able to collect their hats and shirts at registration before the race. Please come to registration early as we have to process close to five hundred swimmers.

Changes to Rules and Swimmer's Declaration

Leinster Open Sea and the host swimming clubs will from time to time, update and amend the 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.

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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.**

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 Visitors' race must be either a full competitive member of Swim Ireland or a Special Member 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 88th Dún Laoghaire Harbour Race and completing the race course (approximately 2,200 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.

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;
- wear the numbered swim cap provided and refrain from wearing or displaying any branded material from previous 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;
- not litter or leave rubbish at Dún Laoghaire Harbour; 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 88th Dún Laoghaire 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 voluntary 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 any of the other swimming races on the Leinster Open Sea Calendar 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.

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- 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 Harbour Race for it's 87th year; 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 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 howdidiyouswim.com.
- VII. I also acknowledge that if Leinster Open Sea or any of the other host Swimming Club 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

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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.