

## OPEN WATER FACT FILE

**MINIMUM AGE LIMIT;** 25 years

**AGE DETERMINING DATE;** The actual age of the competitor as of 31 December, 2010

**AGE GROUPS;** 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80-84, 85-89, 90-94, and five year increments as high as necessary.

It will be an in-water start. Swimmers will be seeded according to age groups from the youngest to oldest. Swimmers may be selected irrespective of gender. The slowest entered swimmers of each age group may be seeded in special heat(s). The competitors will be divided into mixed waves starting with the 25-29 yr age group. Race organizers, in consultation with the referee and subject to advice from the Management Committee, will designate in advance the cut-off time for each Masters race. A rough guide would be a time of 30 minutes per kilometer. All swimmers will be required to wear, at all times throughout the race, highly visible coloured numbered swim caps and a timing chip, which will be supplied.

**USE OF WET SUITS;** Wet suits may be worn, but swimmers who wear them are ineligible for medals or championship honours. A "wet suit" is a swimming suit that has **not** been approved for swimming by FINA. Swimsuits that are approved by FINA are permitted.

**TRAINING PROVISION;** Training opportunities will be available in the 50 meter pools daily after the conclusion of swimming competition from Saturday, 31 July to Thursday, 5 August, 2010. Exclusive Open Water competitors will be able to use the competition pool in Valhalla Swimming Arena 3 hours after the end of competition on Friday, 6 August, 2010. Training may also be available on part of the course on Friday, 6 August, 2010 from 13.00 to 16.00.

**TECHNICAL MEETING;** Friday, 6 August, 2010 at 18.00 at Valhalla Swimming Arena.

**COMPETITION DATE;** Saturday, 7 August at 11.00

**LENGTH OF COURSE;** 3 kilometer. The Organizing Committee reserves the right to reduce the length of the swim, based on medical advice should adverse weather conditions prevail.

**COMPETITION VENUE;** The beautiful lake Delsjön, Göteborg. Transportation will be available by buses from the nearest public transportation point. The exact starting point and venue characteristics will be available at the Information Centre in Valhalla Swimming Arena as well as a map over the surrounding area describing where the registration, the pick up of the coloured cap and timing chip, changing area, shower, cafeteria, safety, etc are located.

**WATER TEMPERATURE/CONDITION;** 18 to 24 degrees centigrade. The Lake Delsjön is the main fresh water tank for the supply of drinking water to the city of Göteborg and therefore a restricted area regarding environmental security. A popular bathing lake during the summer period. No need for a shower after the race.

**TRANSPORT:** Free transport for all competitors will be available from the nearest public transportation point to the venue (approx. 2,0 kilometer). Maps and schedules will be available at the Information Centre in Valhalla Swimming Arena.

**TIME LIMITS;** Swimmers who cannot complete the 3 km distance in 90 minutes (1-1/2 hours) are advised not to enter. Swimmers still on the course after this time may be stopped and ordered out and no time will be given.

**MARSHALLING AREA;** All athletes must report to the registration area (Open Water Office) one hour before their starting time. At the marshalling area all competitors shall be 20 minutes before their allotted wave. A map showing the course will be clearly visible in this area for all the participants. Athletes will be called with a microphone system or megaphone, starting with the first wave.

**SAFETY;** Full medical provision and appropriate safety craft will be provided during and at the end of competition.

**CHANGING AREA;** Competitors must leave their equipment/clothes in the advised area. The Organizing Committee will provide a visible numbered coloured cap and timing chip for each swimmer. Each swimmer is required to wear this cap/chip all way throughout the race. Thermal caps may be worn under the brightly coloured cap.

**SUPPORT FACILITIES;** Changing facilities will be available close to the start and the finish. A cafeteria, medical centre and a merchandise store will be available in the area.

**MEDALS;** Medals will be awarded 1st – 6 th place in each age group. If there are less than six swimmers in an age group, only the first three medals shall be awarded.