

SWIMATHON

27-29 April 2012

Weekend



The Swimathon Weekend Rules

Swimathon Weekend Rules

1. Ensure you have completed part two of your registration before the event day. You will have received this by email shortly after your initial registration.
2. Please arrive at the pool 30 minutes before your session is due to start so that a lane can be allocated to you.
3. You will be given a Swimathon Weekend swim cap upon arrival to the pool. Please wear this in the pool for participant identification on the day. Use of personal swim caps is only allowed upon consent from the pool in which you are undertaking your challenge.
4. In the interest of safety, diving is not permitted.
5. You can alternate strokes if you wish. For health and safety reasons, the Swimathon Weekend does not recommend backstroke.
6. It is important to observe lane etiquette and avoid congestion in the pool. If the swimmer behind you touches your feet this is then a signal for you to allow them to pass at the end of the next length.
7. Only overtake when it is safe to do so. We recommend over taking at the end of each length.
8. You are only able to enter and exit the pool once during your challenge, so one toilet break is allowed. The stopwatch will not be paused if this happens.
9. The use of any equipment, such as buoyancy aids, fins or paddles that will assist you with your swim, is not allowed.

Team Distance Challenge Rules

1. All team members must be registered prior to the event day and have completed part two of the registration. Registered email addresses would have received this by email shortly after the initial registration. Registering the team captain only is NOT sufficient.
2. Teams must consist of 2-5 swimmers.
3. Please ensure that all team members have the same colour swim cap.
4. Only one team member should swim at a time. The challenge is performed in relay format in one lane.
5. Team members are only able to enter the pool once and exit the pool once during their swim, so one toilet break per swimmer is allowed. The stopwatch will not be paused if this happens.
6. Each team member can swim differing distances to add up to the challenge total (either Team 5k, Corporate 5k or Team Mile), as long as each team member enters the pool only once. Once one team member has finished their distance, another team member is allowed to enter the pool to continue the challenge (relay format).

SimplySwim Challenge Rules

1. You can set your own challenge, choosing how far you want to swim and how long you will take to complete your challenge.
2. You can start your challenge anytime after registration, and complete it over as many sessions as you wish. Please note that your challenge should be started after 3 January 2012 and completed by 29 April 2012.
3. Please wear your Swimathon Weekend swim cap, which will be sent to you by post.

4. Log your laps with the online SimplySwim 'Planning Tools', which can be found on your personal fundraising page at www.swimathon.org.
5. SimplySwim is designed for you to swim in your own time, at a pool of your choice, and NOT at one of the organised Swimathon Weekend sessions. Please do not attend a Swimathon Weekend session, as you are not registered for it and the pool will not be expecting you.

