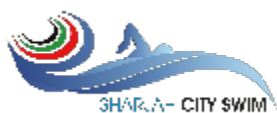




Race instructions

&

Racing by the rules



1. VENUE, DATE & COURSE

1.1 DUBAI CITY SWIM

Venue : Sheraton Jumeirah Beach Resort, Dubai, UAE
Date : Saturday 8 October, 2016
Gun time : 08.00am

Course :



1.2 SHARJAH CITY SWIM

Venue : Sheraton Sharjah Beach Resort & Spa, Sharjah, UAE
Date : Saturday 26 November, 2016
Gun time : 08.00am

Course :





1.3 ABU DHABI CITY SWIM

Venue : Le Meridien Abu Dhabi, Abu Dhabi, UAE
Date : Saturday 21 January, 2017
Gun time : 08.00am

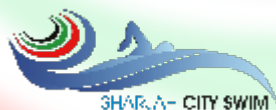
Course :



1.4 AJMAN CITY SWIM

Venue : Ajman Saray, a Luxury Collection Resort, Ajman, UAE
Date : Saturday 4 March, 2017
Gun time : 08.00am

Course :





2. WHAT IS OPEN WATER SWIMMING

Open water swimming shall be defined as any swimming event that takes place in rivers, lakes, oceans, channels, canals, estuaries, bays, seas, dams, reservoirs, fjords, basins, lochs, coves, meres, firths, sounds, straits, bays and harbors.

During open water swimming the athletes are allowed to swim any official stroke (Butterfly, Backstroke, Breaststroke or Freestyle). During the race athletes may change and alternate their stroke.

3. START TIMES, DISTANCES & AGE CATEGORIES

All distances and age categories are same for the different races for individual- and team- athletes.

<u>Distance</u>	<u>Gender</u>	<u>Age category</u>
250, 500 meter	male / female	5 – 9
250, 500 meter	male / female	10 – 12
250, 500, 1000 meter	male / female	13 – 15
250, 500, 1000, 2500 meter	male / female	16 – 18
250, 500, 1000, 2500 meter	male / female	19 – 99

The first race will start at 8:00am, different distances and age categories will start at different times.

The final start time schedule, as it depends on the total number of registered athletes, will be published the week prior to the event and included in the race pack.

Any unforeseen changes to the start time schedule will be published on the official website (www.city-swim.com) and registration site (www.hopasports.com).

4. TEAMS

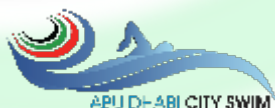
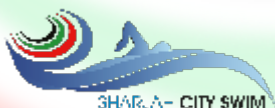
A team consists of minimum 3 and maximum 5 athletes. A team can have mixed genders and mixed age categories.

For the results & ranking, the time of the 3 fastest athletes per team will count.

5. SAFETY

Safety is priority!

During the race, international rules of safety will be followed. This means that there will be an adequate number of lifeguards available on and near the water to monitor all the athletes.





RACE INSTRUCTIONS & RACING BY THE RULES

Weather and sea conditions can be unpredictable. Adverse conditions may change, even last minute, the program in respect of safety.

An ambulance and paramedics will be on stand-by at the venue.

Race officials will adequately monitor the course. These race officials reserve the right to remove athletes from the course if determined medically necessary.

If an athlete is involved in an accident with another person, he/she has ensure that a race official is notified before leaving the scene.

Athletes have to follow any advice of the race officials and hotel employees.

6. APPROVALS

The event has been approved by the UAE Swim Federation, respective Sport Councils, and Global Swim Series.

7. RACEPACK COLLECTION

At the venue on the morning of the event (from 06:00am to 07:30am).

8. PARKING ON RACEDAY

There will be ample car park space available at the hotel car park.

9. HOTEL, BREAKFAST & ACCESS TO THE BEACH

Special hotel accommodation packages are available.

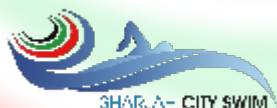
Reservations can be made via the official website (www.city-swim.com) and registration site (www.hopaspports.com)

Breakfast for participants is included in the registration fee. Spectator breakfast can be purchased separately.

On race day, the hotels have granted free full-day-access to the resort.

Any Food & Beverage or other incidentals, not included in the registration fee, and purchased at the hotel have to be paid for by the athlete or spectator.

10. IDENTIFICATION DURING THE RACE





During race pack collection, the athlete's race-number will be marked on both upper-arms.

11. COURSE MARKING

The course will be marked with buoys at the vertices. The buoys have different marks or colours for different distances or turns. Include in the race pack is an overview of the course outlining where to swim and turn.

12. AUTOMATED TIMING

The MyLaps ChampionChip system by Sports Timing Services will be used to time the race. Each athlete will be issued with an ankle strap and timing chip (available in the race pack).

All members of a team will get their own timing chip. Every member will receive his/her own time. For the team result, the time of the first 3 athletes will count.

The chip has to be worn on the left ankle.

No chip = No time

13. GENERAL RULES

The race will be hosted at selected Starwood Hotels & Resorts. While being on the hotel premises, the rules of the hotel have to be respected.

Spectators are welcome.

Lifeguards, paramedics, and event organizers are considered race officials.

Athletes are expected to follow directions and instructions of race officials and hotel staff.

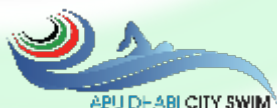
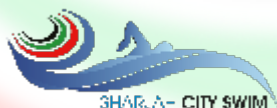
Any littering on the hotel premises, including the beach, will result in a penalty. Trash bins are located around the venue for athlete's use.

The decisions of the race officials are final.

If not specified, FINA rules apply.

14. POST RACE CELEBRATIONS

All finishing athletes will receive a participation medal.





There are no certificates.

Podium places for each 1st, 2nd, 3rd age category / gender winner and teams.

15. SWIM

The following swimming strokes are allowed: front crawl, butterfly-, breast-, and back- stroke.

Swims caps and goggles are optional.

Fins, aqua socks, gloves, paddles, or flotation devices of any kind are not permitted.

Wetsuits, swim skins or similar swimwear are not permitted.

Swimsuits and/or tri-suits (including two piece) are permitted and optional provided the material used is 100% textile material; in general, use suits that are made only from nylon or lycra and that do not have any rubberized material such as polyurethane or neoprene.

Swimwear may not cover the neck; extend past the shoulder or knees (this includes compression socks and compression sleeves). Swimsuits and/or tri-suits may contain a zipper.

No covering of hands or feet in the swim is permitted.

No individual escorts are allowed and any assistance provided during the swim will result in disqualification if forward progress is made.

All athletes must cross the timing mats on entry and exit of the race or they may be disqualified.

Athletes shall at all times swim so they do not deliberately obstruct or interfere with other athletes. Making contact other than by accident may incur penalty.

16. PENALTIES

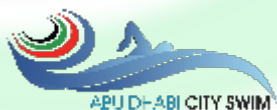
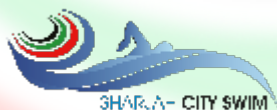
Athletes will be notified of any penalties incurred during the swim at swim exit where a race official will hold them for the duration of the penalty.

Race officials may only penalize athletes. Officials can impose any of the following types of penalty:

- Verbal warning
- 30 second time penalty
- Disqualification

Disqualification may be as a result of, but not limited to:

- Not behind the start line when the race starts





CITY SWIM

RACE INSTRUCTIONS & RACING BY THE RULES

- Threatening, abusive or insulting language or conduct
- Dangerous swimming
- Failing to obey race officials
- Nudity
- Outside assistance or individual support.
- Tampering with the equipment of other athletes
- Unsporting obstructions

Penalties may be issued or disqualifications given at any time up to the announcement of the final results.

Retrospective penalties may be imposed if rule infringements are later discovered.

HAVE A GREAT RACE, ENJOY, AND HAVE FUN!

