

SCHEDULE SWIMMING LONG DISTANCE

European Company Sport Games 2017



General provisions

- Type of competition:** Individual swimming race, long distance, open water
- Organization:** FROS Multisport Vlaanderen
- Location:** De Blaarmeersen, Zuiderlaan 5, 9000 Ghent
Parking: Free
Reachable by public transport, destination "Blaarmeersen"
- Date:** Saturday 24.06.2017 start in two waves
11u00 men
12u00 women
- Attendance:** Presentation of participants is required the latest 1 hour before their start.
- Awards:** The first 3 places of each category will receive medals. The ceremony will take place right after each wave.

Technical provisions

- Rules:** Water temperatures are estimated at +/- 22° therefore no wetsuits are allowed. All participants are obliged to wear swimming caps of the organization. No floating devices or other instruments (like paddles, flippers, ...) are allowed. Floating devices (like buoys, kayak's, ...) along the swimming parcours can be used to hold on but not to create a speed advantage. Kayak's and buoys should always remain at the left handside during swimming. Disqualification will occur if violations of the above mentioned rules are remarked. All participants are allowed to use their preferred swimming stroke.
- Recommendations:** Participants are aware off their health condition and physical condition and declare themselves capable of swimming this distance in open water without any risk. In case of trouble raise your hand and kayak's will offer support. Health and fairplay are priorities during the race, in case you or another participant is in trouble please guarantee each other's health above race outcomes. Changing rooms are available, please bring your own swimming goggles and towels. The ceremony will take place immediately after swimming, there will be no time in between to go shower or change.

Conditions of participation: Only for participants off the European Company Sport Games with a valid accreditation can participate.

Class divisions:

- Wave 1: men: 11u00
- Wave 2: women: 12u00

Further the participants are divided into 5 classes according to age:

- Category A: °1999 – °1987
- Category B: °1986 – °1977
- Category C: °1976 – °1967
- Category D: °1966 – °1957
- Category E: °1956 and before

Parcours: One round is 1500 m.

Equipment: Swimming cap of the organization.
Swimming goggles.
No swimsuits, floating devices or propulsion tools are allowed.

Results: Results will be published in the Meeting Center during the evening and on www.ecsgghent2017.be.

Special arrangements: Each participant travels and attends at his own risk. The organizer provides first aid only. It is recommended to carry your insurance card with you at all time.

The organizer reserves the right to modify or change the schedule if necessary.

Time schedule:

11u00 Wave 1
12u00 Wave 2