

California SwimRun Rules

(based on ÖTILLÖ International Standard Swimrun Rules)

1. Organization

1.1 RACE ORGANISATION

California SwimRun – 1220 Rosecrans Street #210, San Diego, CA 92106

Email: sean@californiaswimrun.com

Email: andy@californiaswimrun.com

2. Entry pre-requisite

2.1 To be able to participate in a California SwimRun event you have to race in a team consisting of two persons that are at least 18 years old and able to swim.

2.2 Your application is final. No entry fee will be reimbursed by the Race Organization.

2.3 It is allowed to change one team member.

2.4 No external sales of your entry is allowed

3. Race course

3.1 RACE COURSE

3.1.1 The race course is marked by volunteers

3.1.2 The participants must follow the marked course

3.1.3 The participants that do not follow the marked course will be disqualified

3.2 ENERGY STATIONS

3.2.1 There will be several water / food checkpoints throughout the course

3.3 MEDICAL POINTS

3.3.1 There will be several medical points where participants can get help if needed

3.3.2 There will be medical staff and equipment on boats and on land.

4 Equipment

4.1 GENERAL ABOUT EQUIPMENT

4.1.1 All teams need to bring all their equipment from start to finish, if a team fails to bring all their equipment to the finish line they will be disqualified.

4.2 MANDATORY EQUIPMENT PER TEAM

2 Wetsuits, 1 per person, suitable for water temperature of 55 degrees Fahrenheit

1 Compass (Watch Compass is allowed)

4.3 MANDATORY EQUIPMENT THAT THE ORGANISATION WILL SUPPLY

2 Race bibs – must be worn visible all the time during the race

1 Waterproof Map

1 First Aid pressure bandage (packed waterproof)

2 Whistles – one per person

1 Waterproof Map

1 Timing chip (lost or not returned timing chip will be charged \$150 or equivalent)

2 Swim caps – must be worn visible during all the swims

4.4 RECOMMENDED EQUIPMENT

4.4.1 Tether

4.4.2 Water bladder

4.5 EQUIPMENT CHECK BEFORE THE RACE

Before the race there will be a mandatory gear check.

4.6 EQUIPMENT THAT IS NOT ALLOWED

4.6.1 Floatation help that is bigger than 100 cm x 60 cm.

4.6.2 No wetsuits can be modified with paint or color that washes off in the water. This will result in immediate disqualification.

4.6.3 Swim fins are NOT allowed if the fin is longer than 15 cm. Measurement is from the toe to the end of the fin.

5 Timing

5.1 TIMING

5.1.1 The time is from the start until the finish line

5.1.2 The team has to pass all timing checkpoints and the finish line together

5.2 CUT OFFS

5.2.1 Throughout the course there will be cut offs where the teams need to pass by a certain time to be able to continue racing.

5.2.2 Information about the cut off times will be given the day before the start

6 Racers responsibility

6.1 GENERAL

6.1.1 Participants must know the rules and follow these

6.1.2 Participants shall respect other participants, organization, spectators and the people living in the race area.

6.1.3 Participants are not allowed to use unfair methods to get advantages

6.1.4 Doping according to World Anti-doping agency is forbidden. See the forbidden all-time list <http://list.wada-ama.org>

6.1.5 Participants are obliged to help in case of emergency if the organization is asking for it.

6.1.6 Each Participant must sign the hold-harmless race waiver prior to competition

6.1.7 Each participant must show proof of identification at the race registration

6.2 BEFORE THE RACE

6.2.1 The participants can train and scout the course prior to the race but have to respect the residents in the area and behave according to the local land use laws. Training recommendations for the area will be communicated via news letter to the racers as some areas are sensitive from an environmental perspective. These recommendations must be respected.

6.3 DURING THE RACE

6.3.1 The participants are participating at their own risk and cannot hold the organization responsible for any accident during the race.

6.3.2 The teams are obliged at their best ability to help another team that have been injured or being sick.

6.3.3 A team that has abandoned the race shall report it as soon as possible to the organization.

6.3.4 The participants are not allowed to throw trash in the nature. If a team is doing so they will get disqualified.

6.3.5 For safety reasons we will allow NO tow-line on the first running sections of any race.

7 Rules

7.1 RACE JURY

7.1.1 Race jury is the race director and two persons from the race organization.

7.1.2 The race jury is:

- Enforcing the rules
- Decide the outcome of a protest
- Decide about disqualification
- Decide about course changes and changes in the rules

7.1.3 At least two members of the jury is needed to be able to take a race jury decision.

7.1.4 The race jury has the right to use “common sense” to take a decision about arisen situation if it is not clear in the rules

7.1.5 The decision of the race jury is definitive.

7.2 PROTESTS

7.2.1 A protest must be given in written to the race organization within an hour after finishing the race.

7.2.2 A protest must include:

- Time and location
- Team number and signatures of the team members
- Team number or team name of the team that the protest is against
- The reason for the protest
- If possible include witness with name or team number

7.2.3 A protest that does not fill the criteria of point 7.2.2 will be ignored.

7.2.4 A decision from the race jury will be communicated to those involved as soon as possible.

7.3 DISQUALIFICATIONS

Offence against the rules leads to disqualification.

7.4 EXTERNAL ASSISTANCE

It is not allowed to receive assistance from other people than the race organization. Each team has to make their own way from start to finish.

8 Safety

8.1 The Race organization must do a risk assessment and take the required steps to minimize the risk of the event. Both for the participants and for the staff.

8.2 The Race organization must have the necessary amount of safety crafts and safety staff in

place for the swims depending on their risk exposure.

8.3 The two members of each team has to stay together at all time and cannot be more than 10 meters apart.

8.4 The race organization can refuse a team to continue if they judge them not capable due to fatigue or being in such bad physical condition that continued racing would be to take unnecessary risk.

9 Media, Image rights and sponsor exposure

9.1 SPONSOR MARKINGS

The teams are allowed to have sponsors marked on their race gear.

9.2 RACE BIBS

The race bibs cannot be modified in any way and must be worn all the time

9.3 PICTURES AND FILM FREE RIGHTS

The participants give the race organization the right to use pictures and film material taken during the race to be used free of rights in marketing, press material, internet, television and films etc.

10 Accepting the rules

By entering the race each team member accepts the rules in full.