



MEDITERRANEAN OPEN WATER SWIMMING CUP

OWS – 1

ELIGIBILITY

Eligible to participate, are the COMEN member Federations, but the organizers at their discretion, **may also invite non member Federations to participate**, who shall be obliged to pay an enrolment fee of 10 euro per athlete per entry.

The organizers must hand over the collected enrolment fee, to the official Delegate of COMEN or if not present to the Coordinator of the Technical Committee, during the Technical Meeting to be deposited to the COMEN Bank account.

OWS – 2

COMPETITION

The Open Water competition shall be a Freestyle swimming event for male & female swimmers 14 – 17years old separated in 2 Age Groups, as follows:

Individual swimming:

- Age Group “A” (Boys & Girls 14 – 15 years old) distance 5 kilometers
- Age Group “B” (Boys & Girls 16 – 17 years old) distance 7.5 Kilometers

Mixed relay swimming (2 boys + 2 girls):

- Age groups “A” & “B” ~ total distance of 5 km (4x1250 mts)

The competition program shall be executed in 2 consecutive days.

- a) Day 1 5 km swimming group “A” (Boys & Girls)
Mixed relay age group “B”
- b) Day 2 7.5 km swimming group “B” (Boys & Girls)
Mixed relay age group “A” OW 2 .1 Mixed relay event rules

- Composition of each team: 2+2 male/female.
- Each swimmer shall complete swimming one lap of 1.25 km
- Swimmers may swim in any sequence, but may swim only once.
- All teams will start together & the starting order will be by random draw.
- There shall be a relay change-over zone of a minimum of 5 m in width.
- Change-overs shall be made with the following swimmer in the water in the starting position.
The change-overs shall be made with an obvious visible touch between the swimmers making the change.
- Swimmers may enter the change-over zone when the previous swimmer is approaching the zone and leave the water immediately at the conclusion of their lap.
- Swimmers shall all wear team caps of the same colour and style.

There is no limit in the number of athletes that may participate, per Federation.

OWS – 3

COURSE

The course is preferred to be of an oblong shape where applicable, running along and near the coast line, clearly marked by floating buoys anchored at the ends as well as the middle distance of the course. The floating buoys must be of a distinctive color, seen from a distance of at least 200mts.

OWS – 4

VENUE

The venue shall be in the Sea (coastal area), River, or Lake (natural or artificial) free of currents.

OWS – 5

START

The start signal may be given either from a platform (fixed or floating) or boat or by aligning the athletes in the water (standing), at a depth of no less than 1.20mt.

The starting signal can be given with a starting pistol, whistle, or horn (air or electric).

OWS – 6

FINISH

The finish must be clearly defined by buoys of different color than those defining the course.

The order of finish at the finish line must be controlled by a jury (finish judge, time controller and secretary) and wherever possible electronically.

An audio signal must be given from the jury to each swimmer finishing the race, except when an electronic finish is available.

OWS – 7

POINTS:

The points count shall be the points awarded only to 3 swimmers per team, the names of which must be declared at the technical meeting.

The point system is: 9 points to the winner, 7 points to the 2nddown to 1 point to the swimmer finishing 8th.

AWARDS

Awards shall be offered by the organizers at their cost as follows:

- Trophy engraved “**COMEN Open Water Swimming Cup 20...**” to the 1st winning team of the COMEN member Federations and cups to the 2nd & 3rd COMEN member Federations (total points boys & girls).
- If non members Federations participate, a Trophy engraved “**International Open Water Swimming 20... (title of cup & venue)**” to the overall winner of all teams (Comen and others) based on the total points of boys & girls, and Cups to the 2nd & 3rd. winners.
- Cups & medals to the event winners of COMEN Federations (females)
- Cups & medals to the event winners of COMEN Federations (males)
- Cups & medals to the event winners of non Comen countries (females)
- Cups & medals to the event winners of non Comen countries (males)

OWS – 8

SOCIAL EVENT

The organizers must organize and offer to all the Officials and Coaches of the participating teams, a free social event (dinner).

OWS – 9

OBLIGATION OF HOST FEDERATION

The organising Federation shall provide whatever is included, described and specified in the Art.18 of the Rules of Procedure.

Teams that arrange to book their accommodation directly with hotels and not through the organisers are not eligible to any free transportation facilities, even if they book at official hotels listed in the “participation invitation” issued and sent by the organisers.

Any item not covered by these Regulations, shall be examined by the Bureau, or, in urgent cases, by the Delegate assisted by the Technical Committee.

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