



2026 WAVZ NEGRIL OPEN WATER SWIM

- VENUE:** WAVZ Beach stretch, Negril, Westmoreland, Jamaica
Electronic timing will be used
- DISTANCES:** 500 Metres, Open Relay 4 x 100 M
- RACECOURSE:** 250 Metre rectangular course swimming in an anti - clockwise direction.
- DATES & TIMES:** Sunday August 2nd, 2026 7:00 AM
Marshalling begins at 6:30 AM
- ELIGIBILITY:** Recreational to Elite Swimmers
Age Group Swimming - Ages shall be as of midnight August 1st, 2026
Masters Swimming - Ages shall be as of midnight August 1st, 2026
- ACCOMMODATION:** Arrangements are being made for preferential accommodation rates during the weekend of August 1st – 2nd, 2026. details will be provided later.
- ENTRY FEES:** **J\$2,000 or US\$20 per individual event. J\$2,500 or US\$25 For each Relay Team entry**
- RULES:** World Aquatics Rules and ASAJ By Laws appropriate for open water events in force at time of competition will apply. Additional Rules and Regulations see below.
- ENTRY DEADLINE:** All Entries will be accepted online at my.raceresult.com up to July 31st, 2026. For registration information please contact Allison Rerrie at 876 -594-2271 email. Alan Beckford 876 812 8338 email abeckford@beckasports.com or Rory Alvaranga 876 332-6425 email: kaizenswimclubja@gmail.com

Entry fees are payable by bank transfer and must be paid before the event, and receipt of payment with name sent to email abeckford@beckasports.com

Banking info: NCB Bank (Jamaica) Limited WAVZ Negril **Acct. No.**-0000000 (Checking) **Branch** :Sav-La-Mar



1. RULES AND REGULATIONS

- 1.1. Roll call and briefing of entrants will be taken at 6:40 am
- 1.2. Swimmers will assemble at the starting line at 6:50 am
- 1.3. The race will begin at 7:00 am
- 1.4. The course will be clearly demarcated by ropes and buoys
- 1.5. The events will be contested over 500 metres; and the 4 x 100 metre Relay
- 1.6. Competition will take place in 8 Age Groups: 10 & under; 11 - 14; 15 – 18; 19 – 24. Master's 25 – 35; 36 – 46; 47 – 59; 60 & over.
- 1.7. The 4 x 100 Metre Relay is open to all age Groups.
- 1.8. All events will end at the designated finish line at WAVZ Negril Beach at the end of the course.
- 1.9. All swimmers will be subjected, if requested, to a medical check prior to the start of the race.
- 1.10. All swimmers must attend a pre-race briefing online on the day before the event.
- 1.11. All swimmers must go through the head count prior to the start of the race.
- 1.12. The referee shall signal to swimmers, by raised flag and short blasts on the whistle, that the start is imminent and, when satisfied, indicate by pointing the flag at the starter that the competition may commence.
- 1.13. The starter shall be stationed in such a position as to be clearly visible to all competitors and on signal of the referee, the starter will raise a distinctive flag into the vertical position and simultaneously bring the flag down and activate an audible signal.
- 1.14. At the start, swimmers will start from the Water.
- 1.15. Obstructing, interfering with or making intentional contact with another swimmer shall, if in the opinion of the Referee be deemed to be “**unsporting impedance,**” will lead to disqualification.
- 1.16. Rescue boats shall be strategically located along the course to assist swimmers who are believed to be in difficulty or who signal for assistance. All rescue boats will have trained Lifeguards.
- 1.17. Swimmers shall not receive support from any fixed or floating object and shall not touch or be touched by any safety craft or crew therein.
- 1.18. Swimmers shall not be disqualified for standing during the race, **but walking/running is not allowed.**
- 1.19. All swimmers shall have their competition number clearly displayed on their arms and back.
- 1.20. No swimmer shall be permitted to use or wear any device that may be an unfair aid to their speed, endurance or buoyancy. Goggles, nose clips and ear plugs may be used. No snorkels or fins are allowed.
- 1.21. Swimmers shall be allowed to use grease or other such substances as long as these are not, in the opinion of the referee, excessive.
- 1.22. The pacing of a swimmer by a non-competitor entering the water is not permitted and shall result in disqualification of the swimmer.
- 1.23. In case of difficulty in the water, the swimmer should extend hands in an upward position, signaling that help is required.
- 1.24. The Referee shall have full control and authority over all officials and shall adjudicate on all protests related to the conduct of the race, including final placing, if necessary. The Referee's decisions shall be final.
- 1.25. Completion of Registration form, payment of entry fee and participation in the race shall be deemed to signify agreement with and acceptance of these rules.

2. AWARDS

- 2.1. Ribbons will be awarded 1st – 3rd for all Age Groups. All swimmers completing their respective races will receive an official certificate of achievement and a competition swim cap.